



Walking Holidays in Britain's most Beautiful Landscapes

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St Cuthbert's Way

St Cuthbert's Way journeys through the quiet countryside of the Scottish Borders and Northumbria, joining together places associated with the 7th Century Saint. It begins in the market town of Melrose in the Scottish Borders and finishes on the Holy Island of Lindisfarne on the edge of the North Sea. In-between it takes in some beautiful countryside, including the banks of the River Tweed and the foothills of the Cheviots and visits important historic sites such as Dryburgh Abbey and St Cuthbert's Cave.

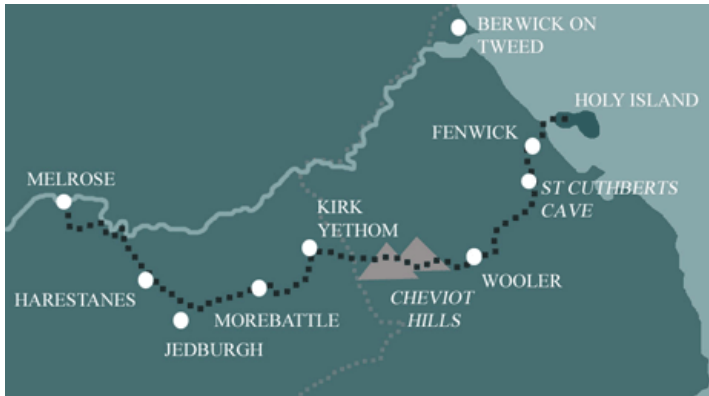
Starting in Melrose you will head through the Eildon Hills with lovely views of the surrounding countryside, before following the banks of the famous River Tweed. After a quick detour to the ruins of Dryburgh Abbey, you follow the course of Dere Street, an ancient Roman Road, before heading cross country to Kirk Yetholm, the end point of the Pennine way.

The Way then heads through the foothills of the remote and beautiful Cheviot Hills, and on to the sleepy market town of Wooler. As the coast draws near, you will visit St Cuthbert's Cave before descending to the unique tidal causeway which leads to Holy Island with its spectacular priory and castle.



100% Financial Protection





Summary

Why do this walk?

- A pleasant meander through the peaceful Scottish Border's countryside with lots of historical interest.
- Take it easy and enjoy the quiet paths on this generally well waymarked route.
- Crossing the tidal causeway to the Holy Island of Lindisfarne, with the dramatic setting of the castle and priory, makes a memorable end to the trip.

Essential Info

Length	5-8 nights
Full Route Length	63 miles / 101 km

Grade

Moderate



The route tends to follow valleys, skirting the bigger hills. There are a couple of longer days, making it a good route for those with previous experience.

Terrain: Riversides, rolling hills, and moorlands.

What's it like underfoot? Generally good

paths and tracks, although a few sections can get a bit boggy.

How Much Up & Down? Most days involve descents of 200-500m metres, although no section is very steep for very long.

Signposting: Pretty good.

Navigation: Pretty straightforward – good signposting, and generally well defined tracks. There are a couple of remoter sections so you need to keep your wits about you.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential.

Route

Melrose to Harestanes/Jedburgh

The walk starts in the historic market town of Melrose, and soon climbs steeply up the distinctive twin peaks of the Eldon Hills, giving lovely views over the Tweed Valley and surrounding border countryside. The route descends through the village of Bowden then on to the ruins of Dryburgh Abbey, sited on a meander in

the River Tweed, and site of Sir Walter Scott's grave. From here, the route follows the banks of the River Tweed for a while before heading off along the ancient Roman Road of Dere Street to the village of Harestanes, on the River Teviot. Jedburgh, an historic market town, lies 2 miles south; where the 12th Century Abbey is well worth a visit.

Harestanes/Jedburgh to Kirk Yetholm

The route briefly returns to the roman road before taking to an intricate network of paths and tracks through rolling farmland en route for the small village of Morebattle. On the way you will pass the ruined Cessford Castle, built in the 15th century by the Ker Clan. After Morebattle the route takes to the foothills of the Cheviot Hills. After crossing Kale Water (rivers are often referred to as "Waters" in Scotland) there is a steep climb up Wideopen Hill, with excellent views in all directions. The route descends to Kirk Yetholm via the banks of Bowmont Water.

Kirk Yetholm to Wooler

The most challenging day on the route as you continue across the lower slopes of the wild and remote Cheviot range, and cross the border into England. There are many ascents and descents, and more fantastic views, before descending to the small market town of Wooler.



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Wooler to Lindisfarne/Holy Island

Today the Way crosses moorland, agricultural land, and woodland before reaching the coast. The route visits St Cuthbert's Cave, an impressive sandstone cave where the monk's body was hidden from the Vikings. There are superb views along the coastline, including the famous Bamburgh Castle, as well as Lindisfarne itself. You will descend to the coast, then cross the tidal causeway to Holy Island. The causeway is under water for 5 hours at high tide – so you need to consult the tide tables. This is a unique walk as the causeway crosses the sands, with the ruined Lindisfarne Abbey and castle growing ever closer. A fitting end to a memorable walk.

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 would highly recommend Lindisfarne as a place to spend a little extra time:

Lindisfarne

The Holy Island of Lindisfarne is an excellent place for a rest day. The Island is only accessible across its tidal causeway, so you may be restricted by the tide times and not have sufficient time to visit all that it has to offer before your departure.



Adding an extra day here ensures that you can enjoy the historic attractions of the Castle and Priory, and explore the Lindisfarne nature reserve at your leisure. Please note that Lindisfarne Castle is closed on Mondays.

Getting There and Away

General travel information for the St Cuthbert's Way route will be in your holiday pack including train and bus timetables where available.

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 trainline.com where you can also purchase tickets in advance. For information on bus timetables please visit traveline.info

Getting There:

By Air: The nearest International Airports are Edinburgh (EDI) and Newcastle (NCL). An airport shuttle bus operates to Edinburgh city centre (journey time 25 minutes). When travelling from Newcastle airport, take the Metro rail to the city centre railway station - the airport has its own Metro station (you will need some

change for the ticket machine). The journey time from the airport to Newcastle Central Station is around 20 minutes.

By Public Transport: The nearest railway station to Melrose is Tweedbank where there is a connecting bus to Melrose, A8/A9 (8 mins)

By Road: Melrose is situated approximately 55 miles north of the Scottish border. If you travel to Galashiels, Melrose is 4 miles from here. When traveling from the south you can take the M6 followed by the A7.

Returning from Lindisfarne:

By Public Transport: We recommended taking a taxi to Berwick upon Tweed. You can take a bus, but the timetable is unpredictable due to the tide over the causeway. Once in Berwick upon Tweed you can travel by train on the east coast mainline.

By Road: After crossing the causeway from Lindisfarne, travel on the A1 - north for Scotland or for all destinations south via Newcastle

How our Holidays Work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes,



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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.

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 or telephone us during office hours.

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.

One of the great features of our St Cuthbert's Way holidays is the quality of the accommodation, including small country house hotels, guest houses, bed and breakfasts and farm house accommodation. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. Occasionally we may use a chain hotel.

Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than 2 for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

Accommodation Overnight

Accommodation in selected hotels, farmhouses, village inns, guest houses and family run B&Bs, including a 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 A waterproof 1:40000 map 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 them 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



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online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – if you 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.

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 per night.

Transport to the start and away from the finish You will need to pay for your own transport, but we can help you to make arrangements.

Taxi or bus transport along the way If you need to miss a stage you will need to pay for the cost of a bus or taxi, but we can help you to organise it.

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 at 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, drop us an email or visit us in Keswick.

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

- 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 over 20 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.



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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 aito.com. Visit the website to find out more about the Association or call 020 8744 9280.



Client Feedback

We are proud of our reputation for quality holidays on St Cuthbert's Way. There are plenty of customer reviews on our website, but here are a couple of comments to give you a flavour:

"We were very happy with everything provided by Mickledore. We thought the holiday pack was very thorough. The maps and accommodation instructions were terrific. Mickledore was recommended to us by a friend in England and we would not hesitate to pass on your details to others and have already done so in a couple of cases. We did enjoy it immensely, and if we are in a position in the future to come over there and do something else we will certainly contact you."

Mrs Wendy Johnson, Victoria, Australia

Would you use Mickledore again?

"Yes, for their knowledge and expertise and the fact that we picked up that Mickledore have a high reputation

amongst the service providers on the route. Just to say "Thank You" for putting this together for us and ensuring we had a superb and memorable experience. Everything went smoothly without any hitches or upsets and we're just sorry it's over – still there will be other treks to look forward to."

Mr & Mrs Pont, Wensleydale, North Yorkshire

Would you use Mickledore again:

"Yes, and we would recommend to others. I would like to say thank you for a classy operation."

Mr Fred Leverentz, Minnetonka, U.S.A



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St Cuthbert's Way

Melrose to Lindisfarne in 4 Days Walking Code: SC5				Melrose to Lindisfarne in 5 Days Walking Code: SC6		
		miles	km		miles	km
Day 1	Travel to Melrose for your first night of accommodation			Travel to Melrose for your first night of accommodation		
Day 2	Melrose to Harestanes then transfer to Jedburgh	15	24	Melrose to Harestanes then transfer to Jedburgh	15	24
Day 3	Transfer to Harestanes then walk to Kirk Yetholm	17	27	Transfer to Harestanes then walk to Morebattle	11	18
Day 4	Kirk Yetholm to Wooler	14	23	Morebattle to Kirk Yetholm	6	10
Day 5	Wooler to Lindisfarne	17	27	Kirk Yetholm to Wooler	14	23
Day 6	Depart from Lindisfarne after breakfast			Wooler to Lindisfarne	17	27
Day 7				Depart from Lindisfarne after breakfast		



Melrose to Lindisfarne in 6 Days Walking Code: SC7				Melrose to Lindisfarne in 7 Days Walking Code: SC8		
		miles	km		miles	km
Day 1	Travel to Melrose for your first night of accommodation			Travel to Melrose for your first night of accommodation		
Day 2	Melrose to Harestanes then transfer to Jedburgh	15	24	Melrose to St Boswells	6	10
Day 3	Transfer to Harestanes then walk to Morebattle	11	18	St Boswells to Harestanes then transfer to Jedburgh	10	16
Day 4	Morebattle to Kirk Yetholm	6	10	Transfer to Harestanes then walk to Morebattle	11	18
Day 5	Kirk Yetholm to Wooler	14	23	Morebattle to Kirk Yetholm	6	10
Day 6	Wooler to Fenwick then transfer to Lowick	11	18	Kirk Yetholm to Wooler	14	23
Day 7	Transfer back to Fenwick then walk to Lindisfarne	6	10	Wooler to Fenwick then transfer to Lowick	11	18
Day 8	Depart from Lindisfarne after breakfast			Transfer back to Fenwick then walk to Lindisfarne	6	10
Day 9				Depart from Lindisfarne 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: