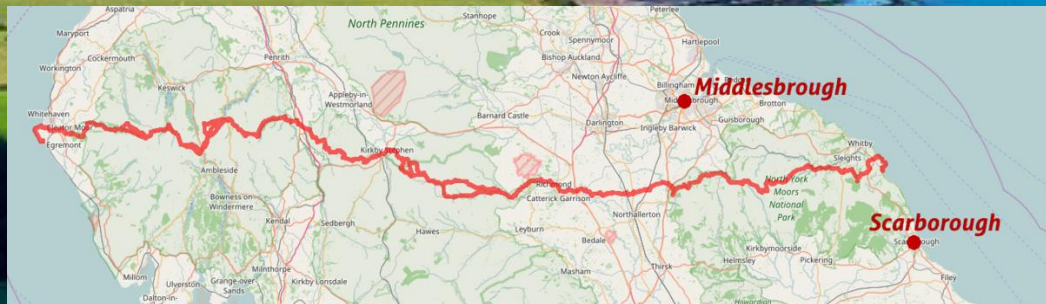


# Can you walk 'Coast to Coast'? (virtually!!)

## St. Bees to Robin Hood's Bay – 190 miles



# The 'Coast to Coast' walking challenge:

Can you walk 190 miles – the total distance of the Coast to Coast walk, from St Bees to Robin Hood's Bay – starting on St. Valentine's Day and aiming to finish on or before Easter Sunday?

You can aim to complete the challenge individually, or you can be part of a family team.

Count the miles you walk each day – and record them on the table shown on the final page.

If you are completing the challenge individually and you walk 3 miles, record that as your distance for the day.

If you are taking part as a family and you walk 3 miles with another member of your family, record 6 miles as your total distance for that day – or 9 miles if three of you do the walk.

As you move along the route, try to answer the question at each destination.

## **Not sure how far a particular walk or route is? Don't worry!**

Perhaps an adult can download the 'Map My Walk' App? It is free! This will tell you the distance you have walked in miles.

If you have a step counter, you can also use this to judge the distance. 2500 steps = approx. 1 mile.

You can also download a free App to count your steps – 'StepsApp'.

**If you are unable to use an app or a step counter, please don't worry!!**

You can use the time you spend walking to calculate the distance. 25 minutes walking = approx. 1 mile.



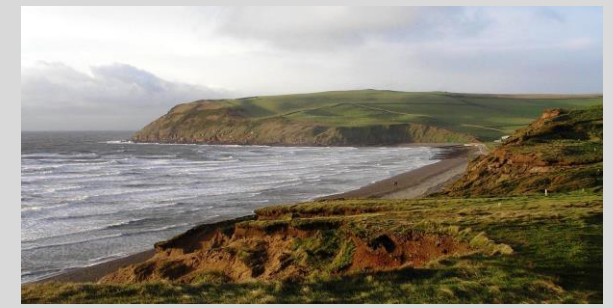
**This is a personal challenge – not a competition. There is no prize for finishing first. However, your Teacher does have a certificate for you if you complete the challenge.**



**Your biggest reward? A sense of achievement, plus the physical and mental benefits of being physically active. Enjoy!!**

# The 'Coast to Coast' walk is divided into sections:

Section	Section miles	Total miles
St Bees to Ennerdale Bridge	14 miles	14
Ennerdale Bridge to Rosthwaite	14½ miles	28½
Rosthwaite to Grasmere	9 miles	37½
Grasmere to Patterdale	8½ miles	46
Patterdale to Shap	16 miles	62
Shap to Kirkby Stephen	21 miles	83
Kirkby Stephen to Keld	12 miles	95 – Half-way point!
Keld to Reeth	11 miles	106
Reeth to Richmond	11 miles	117
Richmond to Danby Wiske	14 miles	131
Danby Wiske to Ingleby Cross	9 miles	140
Ingleby Cross to Clay Bank Top	12 miles	152
Clay Bank Top to Blakey	9 miles	161
Blakey to Glaisdale	9 miles	170
Glaisdale to Littlebeck	8 miles	178
Littlebeck to Robin Hood's Bay	12 miles	190



# Coast to Coast progress tracker



**Walk this way....**



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly total	Challenge total
<b>Week 1</b> (starts Sun. 14 <sup>th</sup> Feb.)									
<b>Week 2</b> (starts Sun. 21 <sup>st</sup> Feb.)									
<b>Week 3</b> (starts Sun. 28 <sup>th</sup> Feb.)									
<b>Week 4</b> (starts Sun. 7 <sup>th</sup> March)									
<b>Week 5</b> (starts Sun. 14 <sup>th</sup> March)									
<b>Week 6</b> (starts Sun. 21 <sup>st</sup> March)									
<b>Week 7</b> (starts Sun. 28 <sup>th</sup> March)									

Use this chart to track your progress. Record the number of miles you – or your team – walk every day.

At the end of each week add up your weekly total and also the total number of miles walked during the whole challenge.

Check which point you have reached on the route. Can you answer the question?

Can you walk 190 miles and reach Robin Hood's Bay before Easter Sunday?! Good luck!

# Walk this way....

# When you reach a 'destination', can you answer the question?

Start

You may need to research some of the questions.



St. Bees  
Walkers dip their boots in the sea at St. Bees before starting the walk. Which sea is it?

14 miles

Ennerdale Bridge  
Which County is Ennerdale Bridge in?

14½ miles

Total = 28½ miles

Rosthwaite  
Who lived in a cave beneath Castle Crag, near Rosthwaite?

9 miles

Total = 37½ miles

Grasmere  
Which famous poet lived in 'Dove Cottage' in Grasmere?

8½ miles

Total = 46 miles

Reeth  
Which river runs through Reeth?

11 miles

Total = 106 miles

Keld  
What's the name of the waterfall in Keld?

12 miles

Total = 95 miles

Kirkby Stephen  
What are the 'nine standards' just outside Kirkby Stephen?

21 miles

Total = 83 miles

Shap  
In which century was Shap Abbey founded?

16 miles

Total = 62 miles

Patterdale  
A 'Patterdale' is a type of which breed of dog?

Half way!!

Total = 117 miles

11 miles

Richmond  
Which Army regiment has a museum in Richmond?

14 miles

Total = 131 miles

Danby Wiske  
Who created the 'Coast to Coast' walk?

9 miles

Total = 140 miles

Ingleby Cross  
If you live in Ingleby cross, who is your Member of Parliament?

12 miles

Total = 152 miles

Clay Bank Top  
Which famous 'Topping' can be seen from Clay Bank Top?

9 miles

Total = 161 miles

Blakey  
Which Moor – highest of the North York Moors - is between Clay Bank Top and Blakey?

9 miles

Total = 170 miles



You made it!!  
Well done!!  
Maybe you will walk the Coast to Coast 'for real' some time in the future?

Finish

190 miles!

Robin Hood's Bay  
What's the name of the Youth Hostel, just ½ mile from Robin Hood's Bay?

12 miles

Total = 190 miles

Littlebeck  
Which famous actress, who starred in Downton Abbey, was born in Littlebeck?

8 miles

Total = 178 miles

Glaisdale  
Glaisdale Parish Church is dedicated to which Saint?