Wild adventure across Northern England

COAST TO COAST PATH

DESTINATION GUIDE
The UK’s iconic Coast to Coast path is a classic long-distance walk that passes through glorious English scenery in three of the country’s finest national parks. The wild rugged Lake District National Park, the rolling hills of the Yorkshire Dales and the broad expansive colours of the North York Moors offer a cracking walking adventure.

The spirit of the enigmatic and feisty fell-walker Alfred Wainwright, who originally created this walk, is inescapable. Although the route has been adapted over time the essence of his walk remains the same – a ramble that takes you from across the breadth of northern England, from the sea cliffs of St Bees on the Irish Sea to the fishing village of Robin Hood’s Bay on the North Sea.

From the wild remote fells and dales of the Lake District you’ll dip down to the emerald valleys and hills of the Yorkshire Dales. Storybook fields criss-crossed with tumbling dry-stone walls and the world’s most charming sheep lead you across the Pennine Hills to the wide open spaces and colour of the mysterious North York Moors.

En route you’ll walk through the best of northern England with countless small villages, majestic views and warm, welcoming pubs. Easy walking days and long twilight evenings allow you to take your time and take a picnic in the sun. It is an exceptional way to enjoy the English countryside and its many layers of history, literature, and colourful characters, and it provides an opportunity to meet with fellow walkers from the world over.

But this walk will also challenge and reward you in other ways – from the Lake District mist and knee-deep Pennine bog, it’s no walk in the park. You’ll need to train and you’ll need to prepare.

The quality and variety of this much-loved walk continues to inspire walkers in ever-growing numbers.

Call me today to find out more!

Lilia
Coast to Coast Expert
lilia@rawtravel.com
Phone: (03) 5976 3763

www.rawtravel.com/destinations/coast-to-coast/
Coast to Coast Trail Description

Note: Hours of walking are approximate.

Stage 1: St Bees to Ennerdale Bridge
22.5km, 6 to 7 hours
Total ascent 780m / descent 665m
Leave the coast and head into the hills via the coastal walk to St Bees Head. The route passes through farmland, villages, moors and woods before descending steeply to the gateway of the Lakes District.

Stage 2: Ennerdale Bridge to Rosthwaite
24km, 7 hours
Total ascent 765m / descent 785m
A long scenic day, you’ll pass through the area that records the highest rainfall in England.

Stage 3: Rosthwaite to Grasmere
14.5km, 6 hours
Total ascent 750m / descent 760m
Paths, fields and a steep climb before heading into the high country at the heart of the Lake District.

Stage 4: Grasmere to Patterdale
13.5km, 5 hours (add 3km/2 hours if including alternate routes)
Total ascent 300m / descent 80m
A vigorous and great day’s walking ahead if you choose the high route over one of the Lake District’s most famous peaks.

Stage 5: Patterdale to Shap
25km, 7 to 9 hours
Total ascent 1174m / descent 1009m
A long day with ascents and descents on sometimes windy trails.

Stage 6: Shap to Orton
13km, 4 hours
Total ascent 535m / descent 655m
A change of scenery: limestone escarpments, moorland, pasture and scattered farmhouses.

Stage 7: Orton to Kirkby Stephen
20km, 5½ hours
Total ascent 535m / descent 409m
Up and over wild moorlands into one of the least populated parts of England; a longer day but with easy gradients.

Stage 8: Kirkby Stephen to Keld
21km, 6 hours
Total ascent 780m / descent 575m
A climb up to the wild moors of the Pennines, the spine of Northern England. The walk goes over high and boggy ground with patchy waymarking, with the moors becoming increasingly gentler.

Stage 9: Keld to Reeth
18.5km, 5 hours
Total ascent 838m / descent 911m via the higher route
There is a choice of routes and in poor weather the lower level walk is a pretty alternative route to the high route via the mines.

Stage 10: Reeth to Richmond
18km, 5 hours
Total ascent 395m / descent 510m
A day of mostly rural walking; includes the longest stretch of road walking along quiet country roads.

Stage 11: Richmond to Danby Wiske
22.5km, 5½ hours
Total ascent 138m / descent 261m
A day of mostly rural walking; includes the longest stretch of road walking along quiet country roads.

Stage 12: Danby Wiske to Ingleby Cross
15.5km, 6 hours
Total ascent 247m / descent 337m
Mostly road walking through rural areas and the lowest point of the Coast to Coast.

Stage 13: Ingleby Cross to Clay Bank Top
20km, 5 hours
Total ascent 977m / descent 812m
Enter into the wide open spaces of the North Yorkshire Moors; expect a steep climb and a succession of hilly ascents and descents.

Stage 14: Clay Bank Top to Blakey Ridge
13.5km, 4½ hours
Total ascent 405m / descent 120m
A walk up into the moors.

Stage 15: Blakey Ridge to Egton Bridge
18.5km, 4 hours
Total ascent 265m / descent 616m
Come down off the high moors and into idyllic countryside and villages.

Stage 16: Egton Bridge to Robin Hood’s Bay
28 km, 7 hours
Total ascent 775m / descent 770m
A long day with many highlights, and ups and downs. The trail climbs steeply before crossing heather moors and small townships, then it’s 5km along the pretty coastal cliff path to Robin Hood’s Bay.

See the website for a full list of trips and itineraries rawtravel.com/destinations/coast-to-coast/
AN EXCELLENT TRIP. EVERYTHING WORKED BRILLIANTLY, INCLUDING ACCOMMODATION AND BAG DROP OFF. I REALLY ENJOYED THE MIX OF B&Bs AND HOTELS – ALL WELCOMING AND OF A HIGH STANDARD.

– Barbara Durmanic
ONE OF OUR BEST-EVER HOLIDAYS. INVIGORATING AND RELAXING AT THE SAME TIME. LOVELY SCENERY, WELL ORGANISED, GOOD ACCOMMODATION. WE LOVED THE CHALLENGE AND THE INTERACTION WITH THE LOCALS AND OTHER TRAVELLERS.

– Matthew & Catherine Gibney

“ONE OF OUR BEST-EVER HOLIDAYS. INVIGORATING AND RELAXING AT THE SAME TIME. LOVELY SCENERY, WELL ORGANISED, GOOD ACCOMMODATION. WE LOVED THE CHALLENGE AND THE INTERACTION WITH THE LOCALS AND OTHER TRAVELLERS. ”

– Matthew & Catherine Gibney

SECTION 1: INSPIRATION

- Why you’ll love this walk
- Why experience the Coast to Coast with RAW Travel?
- Origin of the walk
- Is this trip right for me?
- Physical grading
- What’s it like underfoot?
- What we offer
- Self-guided walking explained
- RAW Travel Insights (Blog)
- Background reading
- Responsible travel

www.rawtravel.com/destinations/coast-to-coast/
WHY YOU’LL LOVE THIS WALK

The Coast to Coast is one of the world’s most loved and best long-distance walks. Here’s why:

- **Glorious, dramatic scenery**: From the highest fells and largest lakes to beautiful woods and wild moors.
- **History**: Mysterious stone circles, ruined Abbeys, monasteries and medieval castles.
- **Physical challenge**: Lake District mist and Pennine bogs – this walk will test (and reward) you.
- **Pub food**: Generous, hard-earned hearty offerings with pudding at the end of every meal.
- **Quirky**: Tea and scones, charming sheep, kissing gates, dry-stone walls, stiles aplenty.
- **Literary connections**: From Wordsworth to Beatrix Potter and the Bronte sisters.
- **Camaraderie**: Local English characters and other Coast to Coasters from around the world.
- **Flowering heather**: Miles and miles of wonderful carpeted purple flowers.
- **English hospitality**: Welcoming B&Bs and small village hotels with delightful, ever-so-comfortable rooms.
- **Britain’s rarest wildlife**: Red squirrels, otters and golden eagles.
- **A wonderful sense of achievement**: Throw your pebble into the North Sea and put your feet up at Wainwright’s Bar.

WHY EXPERIENCE THE COAST TO COAST WITH RAW TRAVEL?

RAW Travel has operated active walking trips since 1999, so we are one of the most experienced operators you can choose. We enjoy providing a friendly, personal service where you’re treated as an individual. We pride ourselves on our staff’s intimate knowledge of the Coast to Coast Path: we really do ‘know because we go’ and have created walks that show you the best of the area.

When you book a trip with us you will deal with people who’ve done the walk and can answer your many questions about travelling there. As well as speaking to someone in the same time zone as you, you can come along to our free talks on the Coast to Coast.

We provide detailed information and track notes for your walk that will help your trip go smoothly. You deal with a reputable and experienced Australian operator that has the best contacts in the UK.

Why people choose us...

- RAW is a boutique Australian tour operator with expert first-hand knowledge of the Coast to Coast walk.
- Pre-booked accommodation, transport, most meals and luggage transfers; all you carry is your daypack.
- Great local accommodation in traditional B&Bs, English cottages and small hotels.
- Booking of flights and pre/post-travel arrangements by our in-house travel agent.
- Coast to Coast guidebook.
- Luggage tags, detailed itinerary, maps, track notes and orientation pack.
- Insider information and tips from our Coast to Coast Destination Experts.

ORIGIN OF THE WALK

The Coast to Coast path owes its existence to one man: the late Alfred Wainwright. In 1972, the British walker and chronicler devised a route from ‘Coast to Coast’ through three of England’s most dramatic national parks – the Lake District, the Yorkshire Dales and the North York Moors – linking back roads, rights-of-way and ancient footpaths.

Wainwright was a complex personality; he would disappear for days on end into the countryside, re-emerge to write up his notes of his walks, eat a meal with his long suffering wife and then vanish again into the mists atop the fells.

The joy of the Coast to Coast is in the rhythm of the landscape as you move from villages to remote, stark mountaintops, and back down to villages again. With each descent the villages have slightly different cultures, and are often many, many miles apart by road.

The route has been amended slightly since 1973, mostly because Wainwright’s original...
trail intruded upon private land. Today the trail still does in places cross private territory.

Despite being hugely popular, and the busiest of Britain’s long distance footpaths, the Coast to Coast is not officially recognised. It is not marked on Ordnance Survey maps and way-marking is often non-existent.

IS THIS TRIP RIGHT FOR ME?

When considering booking a trip it is important that you look at the descriptions in this Destination Guide about accommodation, food and level of physical difficulty to ensure that the trip matches your expectations. Particularly with the physical difficulty rating, it’s vital to select a trip that is realistic for your ability.

If you are sensibly prepared and equipped for walking across the fells and moors you will probably do so without mishap or worry – just with a great deal of enjoyment, sunshine and great views.

Not your average walk in the park

The Coast to Coast is an amazingly varied route and no two days are the same. It’s a very rewarding route and in many parts it’s nice and easy going; however, you should not underestimate it. There are some difficult bits, especially in the Lake District. And if the weather is bad it can be very challenging. To do it successfully you will need to be fit, have good walking boots and be competent with a map and compass (though our Lake District guide can help teach you the basics).

Here’s how we’ll support you:

- Private Lake District guide (on one stage of the walk) to help hone your navigation skills.
- Specialist advice from our Coast to Coast Destination Expert.
- Guided and fully flexible self-guided walks.
- Comprehensive travel pack.
- UK emergency support person.

PHYSICAL GRADING

We have graded each RAW Travel trip from 1 (introductory) to 10 (tough). The Coast to Coast Path has a trip grading of 6–7: Challenging to Strenuous.

Grading systems are always arbitrary. However, having an indication of the grade may help you choose between our walks. We have used several criteria to assess the difficulty of our walks, including the number of hours walking required each day, terrain and conditions underfoot, weather, gradient, altitude, signage and facilities along the trail.
To prepare for walks of this grading, we recommend completing 2 to 3 walks per week, increasing distances while carrying an 8kg pack, with some hill walking or heavy sand walking included. Please note these gradings are a guide and will depend on your individual experience, fitness level and mental attitude.

Regular training
While we often see amazing improvements in people’s fitness with a program of regular training before a trip, you have to be realistic about whether you can commit to regular training with your current lifestyle. If you feel you are unable to commit to doing the training needed to achieve the level of fitness required then you should consider another trip that is less demanding. This is the only way to accurately judge whether you can cope with the demands of any given trip.

WHAT’S IT LIKE UNDERFOOT?
The trails of the Coast to Coast run through private land as well as public parks, following back roads, rights-of-way across fields, and ancient footpaths between towns.

Convention requires walkers to dip a boot in the Irish Sea at St Bees and pick up a pebble from the beach. At the end of the walk you dip your boot in the North Sea and drop the pebble on the beach at Robin Hood’s Bay.

Typically the mountain sections of the Coast to Coast run on single-track paths and at times there are steps but mostly the walk is on natural terrain with some sections on sealed country lanes. Unless you’re walking in winter you will typically not find snow on the mountains and mud will be a more common factor.

The route is a delightful slice of British scenery, history and culture and those who complete it are rewarded with a wonderful sense of achievement. One of our favourite things is the variety of stiles and gates you will climb through/over around and close, shut, open, unlock and lock…it’s fun!

The highest section is Kidsty Pike (795m) in the Lake District.

Signage is sporadic on this walk so you should have some experience walking in a mountain environment and be comfortable using a map and guidebook. A compass and the skills to use it are also essential especially on high ground if the clouds close in.

Navigation in the tougher stages of the Lake District can be tricky especially when visibility is poor. Your Lake District guide will help hone your skills to assist you with navigation and route finding.

You will need to carry water with you on this path. Don’t be tempted to fill up from streams in lowland areas as pesticides and fertilisers can be present; it’s safer to fill up from taps or high mountain pools and beck.
LOTS OF CLIMBING UP AND DOWN, BIG SKIES, HILLSIDES OF BLUEBELLS, BABBLING STREAMS. RAIN, FOG, MIST, CLOUD, SUN AND WIND! ROCK WALLS, KISSING GATES, LATCHES OF ALL KINDS AND INGENUITY, AND SO MUCH MORE.

– Jane McInnis

If this is your first self-guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest. Please be assured that our written material issued to you for route finding is updated regularly and we provide a 7-day service hotline in the event of any problems.

Using directions and maps can be more difficult for solo travellers as often two heads are better than one when it comes to finding your way. There is a certain level of the unknown that comes with self-guided trips; however, with a methodical approach, potential problems will be averted.

The freedom of a self-guided trip is something that, once experienced, is sought time and time again.

RAW TRAVEL INSIGHTS (BLOG)
Written by our Destination Experts, our RAW Insights about the Coast to Coast Path are great background reading.

- Wild adventure on England’s Coast to Coast Path
- Reflections on the UK’s Coast to Coast Walk
- Characters on the Coast to Coast: The Yorkshire Shepherdess
- Alfred Wainwright
- North York Moors

BACKGROUND READING
Suggested reading and other resources from our RAW Travel experts to checkout before you travel.

- Coast to Coast Path by Henry Stedman
- Coast to Coast with Wainwright by Alfred Wainwright & Derry Brabbs
- A Coast to Coast Walk: A Pictorial Guide by Alfred Wainwright
- The Lake District by Lonely Planet

RESPONSIBLE TRAVEL
At RAW Travel we believe in responsible travel, which means a lot more that staying safe and respecting the local culture and customs in the country you are visiting. You are responsible for making this trip the best it can be – read all your notes we send you, use the guidebook, make sure you are comfortable with self-guided walking, do the right pre-trip training, read our blog posts, buy the right gear, wear in your boots, practice walking with poles – and make sure you are prepared to enjoy this beautiful walk. The more prepared you are, the more you will enjoy it.
SECTION 2: TRAVEL ESSENTIALS

- Climate
- When to walk
- Getting fit for this walk
- Accommodation style
- Meal inclusions
- Maps
- Recommended Apps
- Vaccinations
- Health
- Visas
- Smart Traveller
- Travel insurance
- What to pack
- Specialist gear recommended for this walk
- Other items to pack
- How to book your RAW Travel trip
- Participation conditions
- RAW Traveller's code
CLIMATE

The Coast to Coast route is through a mountainous part of the UK, so you should prepare for all eventualities with weather. You'll likely be braving wind, rain, fog, cold, mountainous terrain, mud, and sun!

Even in summer it can be cool and wet and if cloud sets in on a sunny day you can quickly become cold and damp.

The climate of Northern England is best described as variable with frequent rainfall occurring throughout the year (though more likely from October to April). The sunniest month statistically is July, but warm days occur June to early September and when it’s dry and sunny it’s glorious!

On average, temperatures between April and October range from 4°C to 23°C, although it may be slightly cooler on the higher sections of the trail.

The Mountain Weather Information Service (www.mwis.org.uk) gives detailed online forecasts for the upland regions of Britain including the Lake District and Yorkshire Dales. See also www.bbc.co.uk/weather

WHEN TO WALK

May to September are the most popular times to walk the Coast to Coast. These months are often the busiest with walkers, so it’s essential to book your trip well ahead of your intended departure date to ensure accommodation can be booked at every intended stop. There are a limited number of rooms in remote locations.

May and June are the best times to see heather on the moors. Once you are into summer the days can be gloriously long, with light from 5am to 10pm and plenty of daylight to complete each day’s walk at a leisurely pace. July and August get very busy in the main lakeland towns though not necessarily on the rest of the walk.

This walk can also be done in April and October but you will have fewer daylight hours and colder temperatures.

What’s in a name?

In the Lake District the mountains are known as fells, and peaks are pikes. These words are from Old Norse. Many other words are derived from Old Norse:

<table>
<thead>
<tr>
<th>beck</th>
<th>stream</th>
</tr>
</thead>
<tbody>
<tr>
<td>dale</td>
<td>valley</td>
</tr>
<tr>
<td>force/floss</td>
<td>waterfall</td>
</tr>
<tr>
<td>ness</td>
<td>headland</td>
</tr>
<tr>
<td>gill/ghyll</td>
<td>ravine</td>
</tr>
<tr>
<td>rigg</td>
<td>ridge</td>
</tr>
<tr>
<td>tarn</td>
<td>small lake</td>
</tr>
<tr>
<td>thwaite</td>
<td>cleaning</td>
</tr>
</tbody>
</table>

GETTING FIT FOR THIS WALK

Walking is one of the most natural things to do, so you may feel that you are already in good enough shape. However, you will be walking for many hours over successive days carrying a daypack, which is likely very different to your current walking schedule.

We recommend that you undertake a training program according to your level of fitness for at least 3 months leading up to your departure. Regular exercise prior to the trip will allow you to build your fitness steadily so that you will enjoy and complete the trip with a smile and energy left over.

Moderate activities such as walking pose little health risk but before starting any new exercise program we recommend that you see your doctor for a check-up, particularly if you have a medical condition, are aged over 40 years, are overweight or haven’t exercised in a long time.

To get the most out of this epic walk you’ll need to train and test all your equipment and clothing. To help you, we’ve prepared a comprehensive guide to getting walking fit, written specifically for this adventure by our Destination Experts. From buying the right boots and avoiding blisters to fuelling your body and training walks, it is bursting with practical and reliable advice to get you well prepared.

• Find out more: Getting Walking Fit for the Coast to Coast Path: How to prepare for your multi-day trek.

GETTING WALKING FIT FOR THE COAST TO COAST PATH

How to prepare for your multi-day trek

What’s in a name?

In the Lake District the mountains are known as fells, and peaks are pikes. These words are from Old Norse. Many other words are derived from Old Norse:
ACCOMMODATION STYLE

We have carefully chosen friendly, welcoming B&Bs and traditional cozy hotels and pubs where you can enjoy the lively company and camaraderie of local characters and other Coast to Coasters.

With older historic buildings, rooms are usually small but adequate, and there may be a public area for sitting/dining. Many accommodations in the UK no longer have baths; you’re more likely to have an ensuite shower room. Some B&Bs along the route do still have the odd room that has a bath (in a shared or private bathroom), so you might be able to have the occasional bath.

MEAL INCLUSIONS

The reputation of British food has had its ups and downs. Twenty years ago the food of the British Isles was universally considered to be among the world’s worst—boring, bland and boiled. Its fall from grace had much to do with the residual effects of two world wars and strict rationing. English cuisine has improved remarkably thanks to the Modern British Cuisine movement and a range of other factors.

Breakfast

On the Coast to Coast walk you’ll get a legendary full cooked English breakfast: rashers of bacon, fried eggs, a slice of fried bread, mushrooms, tomatoes, sausages, possibly, a slice of black pudding, plus toast, coffee, marmalade, jam and honey. A hearty breakfast is a great way to start a long day of walking.

Packed lunches

We recommend you carry a packed lunch with you on the trail. They are not included in the trip cost and should be arranged through your accommodation prior to your day’s walk. They usually include fresh sandwiches, fruit, crisps (potato chips) and chocolate.

Dinner

Evening meals are sometimes offered at your accommodation (hotels) and other times you may need to venture out to eat. Most towns and villages have good restaurants and cozy, welcoming pubs with great ambience. British food is of a surprisingly good standard and you’ll usually find a good selection of well-priced meals on offer. See also Pub Food, p24.

Special meal requirements

Most B&Bs and hotels can accommodate special requests, including gluten-free diets. If you have special meal requirements let us know at the time of booking. Vegetarian meals are not a problem and usually well catered for in the UK, so this is not a special meal requirement – it’s usually enough to tell your host on arrival at the accommodation for breakfast the following day.

Options for restricted diets are likely to be limited in the more remote locations and alternatives may be more expensive or unavailable. There may be times when those with special dietary requirements may need to provide their own food. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.


– Nerida Murray

www.rawtravel.com/destinations/coast-to-coast/
Pub food

Pubs are as much a feature of this walk as the views and many are highly attuned to the needs of walkers.

The public house, or pub, is a famous English institution. In the mid-20th century, pubs were drinking establishments with little emphasis on serving food, other than ‘bar snacks’ such as pork scratchings, pickled eggs, salted crisps and peanuts, which helped to increase beer sales. If a pub served meals these were usually basic cold dishes such as a ploughman’s lunch.

In the 1950s some British pubs started to offer ‘a pie and a pint’, with hot individual steak and ale pies made easily on the premises by the landlord or his wife. In the 1960s this was developed into the then-fashionable ‘chicken in a basket’, a portion of roast chicken with chips, served on a napkin, in a wicker basket.

With the introduction of microwave ovens and freezer food, ‘pub grub’ expanded to include steak and kidney pudding, shepherd’s pie, fish and chips, bangers and mash, Sunday roast, and pasties.

The gastropub concept was born in 1991 and created a revolution in the standard of food served in pubs – sensibly priced food that was genuinely of restaurant quality. The handful of genuinely good gastro pubs at the top of the chain continue to set the trends that filter down to the local boozer.

MAPS

Detailed route maps and a guidebook are provided to clients in their pre-departure documentation. The maps clearly show the route you will follow, plus options for additional day walks.

RECOMMENDED APPS

- **Viewranger** works without mobile coverage because the maps are stored on the phone. The app displays maps, records tracks, helps you to navigate and even shows you points-of-interest along the way.

- **Outdoors Great Britain** offers the full range of Ordnance Survey maps all in one app. It can be quite pricey but once the maps are downloaded to your iPhone or iPad, you’ll have them for life.

- **GB Nat Parks** app offers full access to viewing all of Britain’s fabulous national parks on UK 1:50K Ordnance Survey maps. This happens from the point of installing, which means that you do not need to download anything.

  See also: **Strava** ([www.strava.com/mobile](http://www.strava.com/mobile)) & **MapMyWalk** ([www.mapmywalk.com/app](http://www.mapmywalk.com/app))

VACCINATIONS

No vaccinations are compulsory. Tetanus is recommended.

HEALTH

To participate fully in an active travel experience you need to be in good physical health. Read the trip itineraries on the website thoroughly and then realistically self-assess your physical ability to complete the trip as described. Our Destination Experts are available to answer any questions you have to help you choose the most suitable trip for you.

Although there are no specific health requirements for the UK, please be aware you need to be in good health to undertake this trip due to the sometimes demanding days. You should consult your doctor if you have any medical conditions to assess your suitability before departure. You also need to declare, for assessment, any pre-existing medical conditions to your travel insurance provider.

It is essential that all travellers have comprehensive travel insurance, medical insurance or ambulance insurance that will cover the cost of evacuation.

First aid supplies

We recommend that you carry first aid supplies for common ailments as well as any personal medical requirements as you will be travelling in remote areas and away from medical facilities.

Your first aid supplies should include (but not be limited to):

- headache tablets
- diarrhoea treatment (both a blocker to bring relief from the symptoms and an antibiotic)
- band-aids
- blister pads for your feet and zinc tape
- antiseptic for cuts and scrapes
- lip balm
- high-factor sunscreen.

We recommend using zinc oxide tape/moleskin to cover ‘hot spots’ on your feet to stop potential blisters developing.
Preventing blisters

The key to preventing blisters and avoiding unnecessary pain is to eliminate friction. Different things work for different people, but one thing's for sure: blisters can be prevented with a little bit of effort.

Here's a range of blister prevention strategies for you to test on your training walks.

1. Buy comfortable, well-fitting walking boots.
2. Toughen up. Condition your feet by walking, gradually building intensity, pace and distance. Remember to moisturise your feet with a good quality foot cream after showering.
3. Adjust your laces during your walk so that your shoes fit perfectly. Foot swelling and different temperatures and terrain will affect the fit of your boots.
4. Slather your feet thickly with a lubricant like Vaseline. You'll need to reapply it, and it doesn't wash easily out of socks.
5. Put cornflour or talcum powder in your socks to keep your feet dry.
7. Invest in good socks. Use moisture-wicking socks and consider double-layers. Experiment with the thickness of your socks, and change them whenever your feet get wet.
8. Apply tape (such as Fixomul) or dressings to reduce friction. It can be difficult to perfect the technique and can be time consuming, so you'll need to practise.
9. Always carry blister pads in your daypack. The cushioned gel pad immediately reduces pain and promotes fast healing. You can even use them to prevent blisters.
10. See a podiatrist if you think the way you walk might predispose you to blisters. You might need orthotics.

Blister treatment

Broken blisters that are leaking fluid should be disinfected and bandaged. Small blisters that are not painful should be left alone because the best protection against infection is the blister's own skin. These will heal by themselves and will be reabsorbed in a few days. If you do have blisters, shower in the evening to allow your feet to be fully dry when you dress them and set off in the morning.

VISAS

At the time of writing, Australians and New Zealanders only need a valid passport to enter the UK as a tourist for stays of no more than 6 months. All travellers must have a minimum of 6 months validity (after their date of return into Australia) on their passport. Please confirm these requirements with your chosen airline.

SMART TRAVELLER

Be informed. Be prepared. Stay smart while you are travelling. Smartraveller is provided by the Australian Department of Foreign Affairs and Trade. It provides up-to-date travel advice for Australians travelling overseas. You can subscribe to receive free updates, including about widespread health or security issues.

- Find out more: [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

TRAVEL INSURANCE

If you are travelling on any trip with RAW Travel you will require comprehensive travel insurance. We sell Cover-More travel insurance and you can easily get a quote over the phone. No one plans for anything to go wrong, but if it does we want to make sure that you have adequate cover.

We highly recommend you purchase cover as soon as you start booking your travel arrangements, and include cancellation cover. Your travel insurance also must include emergency evacuation and medical cover.
Please contact your insurance provider to ensure your policy covers you for your specific needs. Carry a copy of your policy and your insurer’s 24-hour contact details.

Any advice given here is a general guide only. Please research and purchase a policy best suited to your needs and circumstances.

• Find out more: 10 things you need to know about travel insurance

WHAT TO PACK

Walking the Coast to Coast Path is similar to preparing for any multi-day walk, with the exception that your wet weather gear may be needed more frequently.

Your main luggage is transported for you on all trekking days, so you carry only a daypack. Your trip includes one piece of luggage per person. Additional pieces will need to be arranged in advance and will incur a fee.

You should pack as lightly as possible and we recommend keeping the weight of your luggage case under 15kg as there is limited space in the vehicle.

You will need to bring a good daypack when out walking to carry a few clothing layers and personal effects. We recommend carrying at least 2 litres of water, on hot days even more.

SPECIALIST GEAR RECOMMENDED FOR THIS WALK

Comfortable waterproof boots
Waterproof walking boots (not trainers) with full ankle support are highly recommended for this walk. Make sure your footwear is well worn in and comfortable. We also recommend hiking socks with at least one spare pair, as you will find these minimise the chance of getting blisters (see p27).

• Find out more: What boots should I buy and how do I look after them?

Good wet-weather gear
You can expect rain at any time of year in England, so bring:

• waterproof, breathable jacket and overtrousers
• gaiters (good for muddy, boggy sections, and they will help keep your trouser-legs and socks dry if you walk through long, wet grass or step in a stream)
• waterproof cover for your daypack
• internal lightweight drybags (no cover will ever be able to keep your belongings dry in a real downpour, or a consistent day’s rain)

Maps & Compass
Maps will be provided by RAW Travel, along with a guidebook. Consider an old-fashioned compass if you don’t have a GPS – they don’t run out of batteries.

Trekking poles
On this walk there are many steep ascents and descents. Trekking poles will give you extra stability, especially when it is wet. We definitely recommend them if you have – or have had – any issues at all with sore knees, ankles or hips.

• Find out more: Do I need trekking poles and which ones should I buy?

Mobile phone
If you are on a self-guided trip you should carry a mobile phone with international roaming or buy a local SIM card.

Food and water
Carry sufficient snacks and water, just in case you get lost.

OTHER ITEMS TO PACK

Travel documents
• Passport (with photocopies or scanned back-up copy)
• Copy of travel insurance policy and 24-hour contact number

Personal Items
• Blister kit, sunscreen and first-aid kit including any personal medications
• Toiletries
• Water bottles or hydration pack (2+ litres recommended) • Hat and high UV sunglasses • Comfortable daypack • Waterproof bags for rain protection while walking

HOW TO BOOK YOUR RAW TRAVEL TRIP

Before making a booking, please read this Destination Guide thoroughly to make sure that the Coast to Coast is right for you. We have compiled lots of important information about accommodation, food, fitness required, weather and what to expect so that you can make an informed decision. On our website, you’ll also find detailed itineraries and other important information.

A deposit of AUD500 per person is due at the time of booking and balance of payment is required 8 weeks prior to travel. All quotes are subject to availability at the time of booking and valid for 7 days. Please contact your Destination Expert for your personalised booking link.

When you submit your booking form, you are committing to an itinerary and travel dates. When arrangements are confirmed, non-
refundable deposits are paid to suppliers to secure these bookings. Any changes to the itinerary and/or travel dates after arrangements have been confirmed will incur additional charges.

**PARTICIPATION CONDITIONS**

To travel with RAW Travel you must accept the booking conditions (online at the time of booking), which include the following ‘participation conditions’:

When booking on one of our trips the applicant understands that RAW Travel operates adventure holidays worldwide. In developing countries, the standards of accommodation, transport, safety, hygiene, telecommunication facilities, level of infrastructure development and medical facilities are not equivalent to those familiar to the applicant’s usual living arrangements, or would find on a conventional holiday. This type of trip inherently involves a higher level of personal risk, which the applicant agrees to fully assume. The applicant acknowledges that travel on a RAW Travel trip requires a degree of flexibility, and understands that the trip’s route, accommodation and modes of transport are subject to change without prior notice due to local circumstances. Should RAW Travel deem it advisable to amend an itinerary for any reason, it may do so by shortening, varying or re-routing any trip. These changes are binding and additional expenses will be charged to the applicant if the reason for any major alteration is outside RAW Travel’s control.

**RAW TRAVELLER’S CODE**

By paying your deposit and completing your booking forms with us, you signal your agreement to the following RAW Traveller’s Code:

- I have chosen a trip that suits my abilities, level of fitness, and state of health.
- I do not have any physical conditions or disabilities that are a hazard to me or other RAW travellers.
- I have a valid passport and all necessary visas and vaccinations required for travel.
- I will read the RAW travel pre-trip materials about clothing, medical requirements, and culture-specific etiquette.
- I will respect the laws and customs of countries visited.
- I will follow environmental guidelines and regulations while on the trip in accordance with the RAW Travel leader’s direction.
- I will respect the rights and privacy of other trip members.
- I understand that travel within a group invariably involves compromise to accommodate diverse desires, travel goals, personalities, and physical abilities of all group members.
- RAW Travel leaders may be required to improvise and exercise good faith, use discretion and/or make decisions based upon group consensus. These decisions may not always please each individual, but are intended to satisfy the larger desires of the group.
- I understand that RAW Travel reserves the right to refuse participation during a tour to anyone whose health or behaviour could impede the welfare or enjoyment of fellow guests. An individual may be asked to leave a trip if the leader feels that the person’s continuing participation may prove detrimental to the individual or the group.
- I understand travelling off the beaten track means access to medical facilities and evacuation services may be limited.
- I understand the weather is out of RAW Travel’s control.
- I will always wear a helmet when riding bikes.
- I will drink alcohol responsibly.

“A WONDERFUL WALK! IT WAS A VERY SPECIAL MOMENT WHEN WE REACHED THE NORTH SEA AND WET OUR BOOTS AND THREW THE STONE INTO THE SEA: THE ACHIEVEMENT OF WHAT WE HAD DONE WAS WELL REWARDED AT THE PUB AFTERWARDS.”

– Jenny Fessl

www.rawtravel.com/destinations/coast-to-coast/
SECTION 3: ON THE TRAIL

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting to the trailhead</td>
<td>34</td>
</tr>
<tr>
<td>Luggage transfers</td>
<td>34</td>
</tr>
<tr>
<td>Mobile phone, wifi and internet coverage</td>
<td>34</td>
</tr>
<tr>
<td>Electricity</td>
<td>34</td>
</tr>
<tr>
<td>Money</td>
<td>34</td>
</tr>
<tr>
<td>Safety on the Coast to Coast path</td>
<td>35</td>
</tr>
<tr>
<td>How much water to carry</td>
<td>37</td>
</tr>
<tr>
<td>Contact details</td>
<td>37</td>
</tr>
</tbody>
</table>
Do your research before you travel. You may be asked to pre-pay yourself then make a claim. Emergency funds will make payments on your behalf in an emergency. Some more basic covers require you to pay yourself then make a claim. Ensure you have access to additional funds to be used if unforeseen incidents or circumstances outside our control (e.g. a natural disaster) necessitate a change to your planned route. This is a rare occurrence but we recommend being prepared. Some comprehensive travel insurance companies will make payments on your behalf in an emergency. Some more basic covers require you to pre-pay yourself then make a claim. Do your research before you travel.

**ELECTRICITY**

The UK uses 3-pin rectangular plugs and the standard voltage is 240V.

**MONEY**

**Currency**

The UK uses the pound sterling. At the time of writing (May 2018) the exchange rate was AUD$1 = £0.54.

**Cash, ATMs & credit cards**

Banks are few and far between on the Coast to Coast and not all local stores, pubs or B&Bs accept credit/debit cards. It’s essential that you carry plenty of cash (pounds). You can make cash withdrawals using a debit card at post offices (which double as local stores and banks) throughout the country.

**Tipping**

Service is included in UK restaurants, although it is polite to tip 10% if the service has been very good. Bar staff and café waiters do not expect to be tipped.

**Spending money**

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for beer, cream teas, laundry, souvenirs and other personal expenses.

**Emergency funds**

Ensure you have access to additional funds to be used if unforeseen incidents or circumstances outside our control (e.g. a natural disaster) necessitate a change to your planned route. This is a rare occurrence but we recommend being prepared. Some comprehensive travel insurance companies will make payments on your behalf in an emergency. Some more basic covers require you to pre-pay yourself then make a claim. Do your research before you travel.

**Getting to the trailhead**

**Access to St Bees**

The nearest international airports are Glasgow (Scotland) and Manchester (England), which are 3 to 4 hours from St Bees by train. We can help book your international flights from Australia to the UK if you are an Australian resident.

Other possible entry points include Edinburgh, London Heathrow and Gatwick. The UK west coast train line connects Scotland with London and stops at Lancaster and Carlisle from where you can take the local train to St Bees. See Virgin Trains for bookings (www.virgintrains.co.uk) or the Rome to Rio website (www.rome2rio.com) for more info on transport options.

National Express runs a regular London to Whitehaven coach (bus) service that is the nearest point to St Bees. You can then take a local bus or taxi from Whitehaven to St Bees, which is 6.5km (4 miles) away. The coach is cheaper than the trains but slower.

**Onward travels from end of the trek**

Departing the Coast to Coast at Robin Hood’s Bay you can get a local bus to Whitby, from where you take a train to Darlington which is on the East Coast main line connecting London to Edinburgh.

**Luggage transfers**

Your main luggage will be transferred by private van from one inn to the next. It will be picked up from your accommodation each morning. There is limited space available in the vehicle for luggage storage so please only bring essential items on the trip.

**Mobile, WiFi and internet coverage**

Most accommodations offer free WiFi and some provide an internet-enabled computer in the guest lounge that can be used free of charge.

**Coast to Coast Path**

If you are travelling to the UK – or any other country in the world, for that matter – you are not immune from risk. Here is a list of potential hazards while walking the Coast to Coast Path. For more information, please talk to one of our Destination Experts.

**Navigation**

Poor signposting, especially through the Lake District, can make navigation difficult, which is why we include a private Lake District Guide for a day of your choosing. The guide will help familiarise you with map reading, route finding and fell-walking, which can require extra skills if you experience poor weather. The guide can be arranged for additional days for an extra cost.

We provide our clients with advice on how not to get lost and information on the common navigational trouble spots.

In addition, our clients have the backup of a 7-day/24-hour hotline in the event of any emergencies.

Here’s are some tips to keep you safe:

- Make sure someone knows your plans every day that you’re on the trail.
- Fill up with water at every opportunity and carry high-energy snacks.
- Always carry a torch (with spare batteries), compass, map, whistle, mobile phone and wet-weather gear, plus a foil exposure blanket, high-viz vest and some back-up high calorie food.
- If the weather closes in suddenly and mist descends while you are on the trail and you become uncertain of the correct trail, do not continue. Wait where you are until the mist clears enough for you to get your bearings. If you are still uncertain, return the way you came.
- Carry a basic first aid kit along with any personal medications/epi-pens if you have specific allergies.
- Carry a mobile phone and make sure you have emergency contact numbers in your phone or in an easy to reach place when you go out walking each day. In the event of any medical emergency while on the trail, call 999.
Injuries
The most dangerous section of the Coast to Coast Path is the Lake District where the elevation, lack of signage and sometimes extreme weather work against walkers. Locally based mountain-rescue teams are staffed by volunteers who are ready 24 hours a day, 365 days a year. In an emergency phone 999 and the police will activate the service.

Hypothermia
Hypothermia occurs when the body can't generate enough heat to maintain its normal body temperature, usually as a result of being wet, cold, unprotected from the wind, tired and hungry. It's usually more of a problem in upland areas such as in the Lakes and on the moors. You can avoid it by wearing suitable clothing, being aware of the weather conditions, and checking on your walking companions. If it does happen, find shelter, get warm and drink something hot or eat a high energy snack.

Unpredictable weather
It's wise to find out what the weather will be like before you set off for the day. Consider altering your plans accordingly. Many tourist information centres will have pinned up somewhere a summary of the weather forecast. The Mountain Weather Information Service (www.mwis.org.uk) gives detailed online forecasts for the upland regions of Britain including the Lake District and Yorkshire Dales. See also www.bbc.co.uk/weather

Source: Coast to Coast Path (7th ed. 2016) by Henry Stedman (Trailblazer Publications).

HOW MUCH WATER TO CARRY
You will need to carry at least 2 litres of drinking water with you most days, more if the weather is warm and if you are above average body weight. Don't be tempted to fill up from streams in lowland areas as pesticides and fertilisers can be present; it's safer to fill up from taps or high mountain pools and beck.

CONTACT DETAILS
United Kingdom
• Ambulance: 999 or 112.
• Fire: 999 or 112.
• Police: 999 or 112.
In an emergency, phone 999 and the police will activate the mountain rescue service.

RAW Travel Office (Victoria, Australia)
Monday to Friday, 9am to 5.30pm:
+61 3 5976 3763
If there is a genuine emergency outside of these hours, call +61 (0) 478 649 848.
## SECTION 4: RAW TRAVEL

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About RAW Travel</td>
<td>40</td>
</tr>
<tr>
<td>Our people</td>
<td>40</td>
</tr>
<tr>
<td>Our commitment</td>
<td>41</td>
</tr>
<tr>
<td>Expert, friendly service</td>
<td>41</td>
</tr>
<tr>
<td>Giving back &amp; treading lightly</td>
<td>42</td>
</tr>
<tr>
<td>Free resources to help you plan your trip</td>
<td>42</td>
</tr>
<tr>
<td>Destination websites with unrivalled information</td>
<td>43</td>
</tr>
<tr>
<td>RAW Adventures News</td>
<td>43</td>
</tr>
<tr>
<td>Follow us on Facebook</td>
<td>43</td>
</tr>
<tr>
<td>Free travel information nights</td>
<td>43</td>
</tr>
<tr>
<td>Walk and talk days</td>
<td>44</td>
</tr>
<tr>
<td>Book your flights with us</td>
<td>44</td>
</tr>
<tr>
<td>Travel insurance</td>
<td>44</td>
</tr>
<tr>
<td>City breaks</td>
<td>44</td>
</tr>
<tr>
<td>Contact us</td>
<td>44</td>
</tr>
</tbody>
</table>
OUR COMMITMENT

We won’t cut corners or ever intentionally compromise the quality of your trip. We don’t want to run thousands of trips every year – because the quality of your experience is much more important than quantity to us. We’re still small enough to care about our travellers as individuals and we want to stay that way!

We know that people desire a certain level of comfort along with their adventure, so great accommodation and discovering delicious local food is a hallmark of our trips. RAW owns and operates its own adventures, with our own staff on the ground in many destinations so we are able to keep control over the quality of our trips at the same time as we offer you reassurance and support. We take notice of the feedback you give us and your opinions do matter.

As a primarily ‘direct to customer’ company we avoid the commissions and overheads associated with the traditional travel distribution network. We charge fair prices but still provide great advice before you go, experienced leaders who love their groups, good quality accommodation and solid value for your money.

Why book your trip with RAW Travel?

Our trips are flexible and tailored to you!

• We listen to our walkers; we’ll plan an itinerary to suit your needs and ability.
• We operate our own trips.
• We have staff dedicated to each destination: you get first-hand advice from people who know the walks.
• We have our own staff in-country, so help is never far away should you need it.
• We offer authentic travel with 18 years’ experience.

OUR PEOPLE

We have an experienced, dedicated passionate team in our Mornington Head Office, as well as expert guides and support staff on the ground in Europe and Australia. We have many things in common, including a passion for walking, a love of adventure travel in beautiful and historic locations, and the ability to go above and beyond to make our clients’ travel dreams become a reality.

EXPERT, FRIENDLY SERVICE

We’re a specialist company and we enjoy providing a friendly, personal service where you’re treated as an individual – no call centres here!

At RAW Travel we don’t just plan your travel, we take our clients on a journey. From your research and ideas we work with you to plan your dream travel experience. We consider your fitness levels, your achievements, your motivations and then together we map out every step of the journey.
Our Destination Experts deliver a level of advice and experience that comes from being 100% focused on our chosen walks, rather than hundreds of different trips, as is often the case with bigger companies. We pride ourselves on our intimate knowledge of our chosen walking destinations and we really do “know because we go”.

Our staff take these walks each year and share their insider insights with you to help create exciting journeys where you can experience the best of your chosen destination, while being reassured that all the details are taken care of. Help is never far away should you need it from our locally based staff and suppliers.

GIVING BACK & TREADING LIGHTLY

Our trips have helped raise over $A18 million in funds for 40+ charities in Australia and overseas through our charity challenges. We are proud to have been part of so many great fundraising initiatives that have substantially impacted and improved people’s lives.

In today’s world travelling lightly is no longer just an admirable sentiment but a necessity. We always look for ways to improve our impact on the ground by monitoring our group’s environmental and cultural impacts. At RAW, we have achieved advanced eco-certification on our Great Ocean Walk and have always been committed to ‘grass roots’ tourism.

In particular we favour small local suppliers to ensure the benefits of travel are distributed equally and to the people who need it the most. We also donate to KIVA micro-lending throughout the world and encourage you to also look at this commendable scheme.

So, rest assured, your travel with us will leave a positive, lasting impact on you and the places you visit.

FREE RESOURCES TO HELP YOU PLAN YOUR TRIP

We’ve got inspirational brochures, essential preparation guides, comprehensive destination guides, weekly blog posts and more!

DESTINATION WEBSITES WITH UNRIVALLED INFORMATION

Visit our destination websites for unrivaled expert information and insights. You’ll find photo galleries, route information, resources, trail history and lots more!

- rawtravel.com
- caminodesantiago.com.au
- kumanokodo.com.au
- montblanctreks.com.au
- greatoceanwalk.info

RAW ADVENTURES NEWS

It’s easy to stay up-to-date on all things RAW with our free monthly e-news. It’s bursting with traveller’s stories and information about new trips and insights. If you’re not already a subscriber, it’s easy to register.

Find out more: http://rawtravel.com

FOLLOW US ON FACEBOOK

We love connecting with like-minded travellers on social media and we’d like you to be part of our RAW community. We regularly share tips and resources, as well as photos and stories from other travellers and our staff. Like and follow us, and be sure to give us a shout out to say hello. We really enjoy reading comments from our community of travellers!

Find out more: www.facebook.com/rawtravel/

FREE TRAVEL INFORMATION NIGHTS

We love meeting our clients face-to-face and getting to know them. Twice a year we travel around Australia and New Zealand to talk about a selection of our iconic walks. If you have ever wanted to experience an iconic walk with RAW Travel then you will want to attend one of these events. We guarantee you’ll be inspired by trip insights, videos and stunning images from our Destination Experts.

Find out more: http://rawtravel.com/talks/
**‘WALK AND TALK’ DAYS**

We love to walk and we love to talk! During the year we regularly offer opportunities (in Victoria) to walk with our Destination Experts and ask questions about your chosen destination, pre-departure preparation and gear. We limit these walks to between 20 and 40 people (depending on the location). The pace in generally relaxed so there is plenty of time to chat.

Find out more: [http://rawtravel.com/talks/](http://rawtravel.com/talks/)

**BOOK YOUR FLIGHTS WITH US**

Our expert Flights Department is ready to assist you with any airfare query, big or small. From where to sit on the plane to the cheapest or fastest route, we have decades of expertise when it comes to taking to the skies. Combining years of industry experience with an innate passion for travel, our dedicated flight specialist will readily accommodate all your travel needs. (Please note: we do not book domestic flights.)

**TRAVEL INSURANCE**

If you are travelling on any trip with RAW Travel you will require comprehensive travel insurance. We sell Cover-More travel insurance and you can easily get a quote over the phone. No one plans for anything to go wrong, but if it does we want to make sure that you have adequate cover.

We highly recommend you purchase insurance as soon as you start booking your travel arrangements, and include cancellation cover. Your travel insurance must also include emergency evacuation and medical cover.

Any advice given here is a general guide only. Please research and purchase a policy best suited to your needs and circumstances.

**CITY BREAKS**

Double your holiday experience in an exciting new destination by including a stopover on your journey! A city break is a great way to explore another place, indulge in some extra shopping, dining or sightseeing and is a fabulous way to break up a long flight.

Our fabulous array of RAW Travel city breaks can be tailormade to your needs and usually include:
- arrival airport transfer
- 2 nights’ accommodation of your choice from our wide selection of hotels and apartments
- city sightseeing tour

Find out more: [RAW Travel City Breaks](http://rawtravel.com/destinations/coast-to-coast/)

**CONTACT US**

All of our RAW Travel experts have one thing in common: bringing you the immediate, highly personal satisfaction of discovering a new world on your own terms.

RAW Travel Office (Victoria, Australia)

Our Melbourne HQ can be contacted Monday to Friday from 9am to 5.30pm on +61 3 5976 3763. If there is a genuine emergency outside of these hours, call +61 (0) 478 649 848.

---

**PORTUGUESE COASTAL CAMINO**

A stunning walk from Porto to Santiago de Compostela

**CAMINO De SANTIAGO**

Spain’s epic pilgrimage trail

**GREAT OCEAN WALK**

A walk of wild and wonderful discovery

**EUROPEAN ALPS**

The breathtaking Tour Du Mont Blanc, Italian Dolomites & Swiss Alps

**COAST TO COAST**

Wild England – Moors, Fells, Dales and Tarns

**LE PUY CAMINO**

Walk through the most beautiful medieval villages of France

**YOGA & HIKING TRIPS**

Renew your spirit

**KUMANO KODO**

Hiking ancient paths in traditional Japan

**NAKASENDO WAY**

Walking in the heart of old Japan

**NEPAL**

Himalayan trekking with a difference

**LE PUY CAMINO**

Walk through the most beautiful medieval villages of France

---

![RAW TRAVEL ICONIC WALKS WORLDWIDE](http://rawtravel.com/destinations/coast-to-coast/)
We donate 10% of our profits to give back to the planet at no additional cost to you.

Our trips are 100% carbon neutral.

Australia’s most innovative and inspiring walking company

1300 208 245 | info@rawtravel.com | www.rawtravel.com |