The Best of Hadrian’s Wall Path
(And Hadrian’s Wall Short Break)
**Best Of Hadrian’s Wall Path/Hadrian’s Wall Short Break**

I have the pleasure of enclosing the details of your self-guided walking holiday on the Best of Hadrian’s Wall with Macs Adventure. I am sure that you will find everything to your satisfaction, but should you have any further questions or comments please do not hesitate to contact us.

### Useful Contact Numbers & Websites

<table>
<thead>
<tr>
<th>Contact</th>
<th>Telephone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macs Adventure Office Hours</td>
<td>0141 530 8886</td>
<td><a href="http://www.macsadventure.com">www.macsadventure.com</a></td>
</tr>
<tr>
<td>Macs Adventure (After Hours)</td>
<td>07500 718 081</td>
<td></td>
</tr>
<tr>
<td>Luggage Transfers (Walkers Bags)</td>
<td>01697742341</td>
<td>Luggage Transfers – Janet</td>
</tr>
<tr>
<td>Emergencies</td>
<td>112 or 999</td>
<td>Police, Fire, Ambulance, Mountain Rescue.</td>
</tr>
<tr>
<td>NHS Direct</td>
<td>0845 4647</td>
<td><a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></td>
</tr>
<tr>
<td>Traveline (Northeast &amp; Cumbria)</td>
<td>0871 200 22 33</td>
<td><a href="http://planner.travelinenortheast.info/">http://planner.travelinenortheast.info/</a></td>
</tr>
<tr>
<td>Useful Websites about the HWP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Taxi Numbers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Newcastle - Station Taxis      | 0191 232 8888    |                                              |
| Corbridge – AAA Village Taxis  | 01434 634006     |                                              |
| Brampton – Brampton Cars       | 01697 73386      |                                              |
| Carlisle – City Taxis          | 01228 520 000    |                                              |
| Carlisle – Metro taxis         | 01228 522088     |                                              |
**Tour Outline: Best Of Hadrian’s Wall Path**

**Duration:** 3 – 5 Walking Days  
**Distance:** 84 Miles  
**Short Description:** This is a fascinating and rewarding journey alongside one of Britain’s iconic landmarks. Taking in the best sections of the Wall, its perfect for a short break.  
**Grade:** Easy to Moderate  
**Style:** Self-guided Walking Holiday  
**Accommodation:** B&B’s, Inns, Guesthouses and Hotels.  
**Meals Included:** Breakfast included.  
**Included:** Accommodation each night, Harvey Maps covering the route, guidebook, daily door to door baggage transfer, information pack and emergency support.

**Information Pack, Guidebook, Maps & Information Pack**

You should already have received the following by email:  
- A final confirmation invoice with a link to this pre-departure information pack  
- An accommodation details sheet with confirmed details of your overnight accommodation.

We will post out the following to you shortly:  
- Guidebook: Hadrian’s Wall Path Written by Henry Stedman, published by Trailblazer Guides.  
- Harvey Maps: Hadrian’s Wall Path.  
- A copy of your final confirmation invoice.  
- Luggage labels for your baggage transfer

**Baggage Transfer**

Your main bag will be transferred from your accommodation as per your itinerary and moved onto your next overnight accommodation. **We ask you to limit your luggage to one bag per person of up to 15kg.** Your bags will be moved locally by walkers bags and the details are in the table above. If you do have more than one bag per person then you will be charged.

Please clearly mark your bag with the luggage tag provided and ask the hotel where the bags should be left in the morning. Labelling your bag correctly prevents mix ups, delays and loss. **Bags should be ready and at the reception or store room by 9.00am, they will be delivered to your next hotel by 17:00 at the latest.**

You will only need to carry your daily provisions with you in a day pack. Take plenty of water as well as a hat, sunscreen, waterproofs, warm jacket/jumper, camera, small first aid kit, lunch & snacks. If you are going to an area where there are no food provisions on the way, do your lunch shopping the day before, or ask the accommodation to prepare a picnic lunch for you.
Alternative Transport Arrangements

If you are unable (or disinclined) to walk to your next overnight stop you can either take a bus or taxi to the next overnight stop. The most convenient and cost effective way to skip a stage or section of the walk is by using the Hadrian’s Wall bus service. Hadrian’s Wall Bus AD122
Timetables are available locally or from the following Website - http://www.northumberlandnationalpark.org.uk/hadrianswallbus

Alternatively you can ask your accommodation provider to recommend a local taxi and help you book it.

Problems, Emergencies or Complaints

IMPORTANT: PLEASE CHECK INTO YOUR ACCOMMODATION BY 19:00 (7PM) OR LET YOUR ACCOMMODATION PROVIDER KNOW IF YOU GOING TO BE LATE.

In the unlikely event that you have a problem or complaint during your trip, please call Macs Adventure without delay on the numbers above. We will try and do our best to solve the problem at the time. Please do not wait until the trip is completed before bringing any matter to our attention as 99% of problems are easily and quickly resolved locally without affecting your enjoyment.

If you have a query regarding your baggage transfer please contact Walkers Bags directly on 01697742341 in the first instance as they can normally sort everything out promptly.

Illness, Injuries or Delays

If, due to illness, injury or the weather, you are unable to reach your next accommodation as planned, contact them as soon as possible and also let our office know.

If you are unable to walk you can of course use public transport or local taxis to reach the next overnight stop.

If you decide to spend an additional night in your current location, find out whether it is possible to stay one or more extra nights at your present lodgings, and keep in mind that such an extension or extra transportation expenses are not included in the package price and you will have to pay for it directly. In some cases, your travel insurance may cover these unforeseen expenses. Check your policy whether this is the case.

In case of an Emergency

Accidents and emergencies walking the Hadrian’s Wall Path are thankfully very rare but in the event of an emergency try and follow the following procedure:

1. Assess the situation and make sure all involved are safe.
2. Get Help - There is mobile reception on most sections of the way so if necessary call Mountain Rescue. Call 999 or 112 (mobile) ask for the police who will coordinate any rescue effort. If there is no mobile reception: Wherever possible
try and stay with the casualty, the path is a relatively busy route and someone should come along to assist you. Send them to get help/call on mobile.

3. England has a superb network of Mountain Rescue Teams that deal with mountain emergencies. Please ensure that you really are facing an emergency situation before calling them, as they are a last resort. On arrival they will deal with the casualty and instruct you accordingly.

4. Always remember prevention is better than cure and if you think you are getting into a potentially dangerous situation. Stop! Think! And return to a safe position.

5. Please inform Macs Adventure as soon as possible of any problem or emergency you may have, as we can’t help unless we know about it.

Accuracy and Errors

The arrangements for your trip have been prepared with the greatest care. It is however possible that you will, during your holiday, experience small changes or errors unforeseen at the time of writing. The information is provided “as is” and we accept no responsibility for any loss, injury or inconvenience sustained by anyone resulting from this information.

If you notice any mistakes please let us know, or if you have any suggestions, observations or comments we would very much appreciate them, and you may be certain that they will be used for the benefit of those who will follow you. Please either call us or email in to info@macsadventure.com.
TRAVEL INFORMATION

Getting There and Away

Your arrival date should be the START DATE indicated on your confirmation invoice and your departure date should be the END DATE indicated. We have done our best to give you the most recent information, but timetables are subject to changes, sometimes without notice. Please check the local timetables upon arrival, or use the internet. Train and bus timetables are normally released three months ahead so please recheck all planned travel arrangements a few weeks before your departure date. Newcastle is a major hub in the Northeast of England and has excellent transport links.

Getting to Newcastle

By Air:
Newcastle International Airport is the closest Airport and is located a 15 minute taxi ride/20 minute by metro from the city centre. It served by many airlines both internationally and domestically within the UK. [www.newcastleairport.com](http://www.newcastleairport.com) has further details.

By Train:
Central station is at the heart of Newcastle and direct train services operate to most cities in Britain. Operators include GNER, Virgin Cross Country and Regional Railways. Call National Rail Enquiries on 08457 48 49 50 for further information, their website [http://www.nationalrail.co.uk/](http://www.nationalrail.co.uk/) also has an excellent journey planner which you may find useful. Some approximate train times – Edinburgh – 1 hour 30 minutes, London – 2 hours 45 minutes, Manchester Airport 3 hours.

Getting to/from Corbridge

Our 'Best of' Itineraries all start in Corbridge which is easily accessible by train from Newcastle (30 mins.) or you can catch the Hadrian's Wall bus. There is on road parking available but it is limited.

By Road:
The A1 (M) passes through Newcastle linking it to the South of the country via the M62. The A69 links west to Carlisle, the Lake District and via the M74 to Glasgow. National Express operates a range of inter-city bus services and further information is available by phone on 08705 80 80 80 or on the web at [http://www.nationalexpress.com](http://www.nationalexpress.com). Secure parking is available at Newcastle Airport and you can catch the Metro into the city centre. Multimap ([http://www.multimap.com](http://www.multimap.com)) has a journey planner which is useful for planning car journeys. Should you be driving please contact your accommodation directly to enquire if parking is available. Approximate Drive Times – York – 1 hour 30 minutes, Leeds – 1 hour 30 minutes, Edinburgh – 2 hours 30 minutes, Manchester – 2 hours 45 minutes

By Sea:
The International Ferry Terminal is 7 miles east of the city and is the North of England’s main sea link with Scandinavia and Northern Europe. For further information see [http://www.fjordline.com](http://www.fjordline.com) or [http://www.dfdsseaways.co.uk](http://www.dfdsseaways.co.uk)
Getting Back From – Bowness/Carlisle

To return from Bowness you have to catch the number 93 bus which takes approx. 40 mins to Carlisle. From Carlisle there is a direct train service with National Rail which runs to most major cities. If you are returning from Bowness on a Sunday, the number 93 bus doesn’t run therefore we would suggest the taxi bus service which runs on a Wednesday and a Sunday between Bowness and Carlisle. For further information please see the timetable: http://www.hadrians-wall.org/page.aspx//Interactive-Map/Hadrian%27s-Wall-Country-Bus

Getting back from Gilsland/Brampton

Our ‘Best Of’ Itineraries either finish in Gilsland, Brampton or Carlisle. From Gilsland the best way back is to either catch a taxi to Brampton and then onwards from here. Brampton has a train station and you can get back to Corbridge from here.

Important Things to Organise Before you Travel

Know Before You Go!

If you are travelling from outside the UK the US State Department also publishes detailed travel advice on its website: http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_1052.html about travelling to the UK.

The World Travel Guide - http://www.worldtravelguide.net/united-kingdom/practical-information - has detailed health and practical travel advice, which you may find useful.

Travel Insurance

It is a condition of your contract with us that you must take out suitable travel insurance before you travel to cover yourself for cancellation, curtailment, injury or illness during your holiday with Macs Adventure. We do not check insurance policies for suitability, but reserve the right to request a copy.

You are responsible for indemnifying us in full in the event that we incur any losses or expenses arising out of your failure to take out adequate insurance cover. We do not sell travel insurance and suggest you purchase travel insurance in your country of residence and make sure it covers you for your full holiday duration.

Passport & Visas

All nationalities require a full passport valid for at least three months after your intended departure from the UK except EU Nationals holding a valid national ID card.

Citizens of countries in the European Union and the European Economic Area and the European Free Trade Association, Canada, USA and Australia do not need a visa for the UK.

You should visit The UK Border Agency Website - http://www.ukvisas.gov.uk – for up to date visa requirements.
Passport and visa requirements do change so although this information is supplied in good faith it is your responsibility to ensure that you have the correct travel documentation.

**Driving license and registration**

European driving licenses are valid in the UK. Non EU members must have an international driving licence together with their national driving licence. (This is also necessary when renting a car). If you come with your own car remember that vehicle liability insurance is mandatory, and bring the green card, which you will need if you are involved in an accident.

**Health**

If you have any specific health concerns it is a very good idea to visit your GP prior to your holiday and ensure you have a sufficient supply of any prescriptions you need during your holiday. In addition to a small personal first aid kit I would recommend carrying:

- Anti-bacterial hand wash
- Sun block lip balm/sun block
- Headache tablets such as Ibuprofen
- cold/flu remedies such as Paracetemol
- Diarrhoea remedies such as Imodium
- Nausea remedies such as motilium
- Antiseptic cream/wipes for cuts.

Should you need the services of a doctor or hospital whilst on holiday speak to your accommodation provider or call NHS Direct.

**Fitness**

The fitter you are the more easily you will adjust and enjoy yourself on your walking holiday. This walk is graded easy to moderate and involves three to six hours walking each day.

We expect you to take responsibility for your fitness and preparations on a consistent basis prior to departure, and INCREASE the regular weekly training schedule in the two months leading up to departure. That way, when you start walking, you will feel relaxed and comfortable and strong, having done more than sufficient preparation for the trip. You will also have more energy to enjoy the views, take photos and explore the sights in your spare time, rather than just making it to the next accommodation.

As a minimum, we recommend 40 minutes of aerobic type exercise; running, swimming, biking, hill walking, or gym work two to three times a week for two to six months leading up to your walk. The best training is the activity that you are actually going to be doing; walking up and down hill, and cross-country.

Using your gear before departure (boots, daypack, clothing etc) gives familiarity and comfort whilst on the walk. It makes sense to know that all your gear ‘works for you’ BEFORE departure, rather than discovering how things work or fit (or don’t!) on the trip you have invested so much in.
### Currency, Money & Local Costs

The local currency is the Great British Pound. The best way to carry money is a combination of cash and credit/debit card. All larger towns and villages have ATM machines. If you have a cirrus logo on your card you can make withdrawals. The major credit cards, like Diners, Visa, American Express, and Euro/MasterCard, are not always accepted in small shops and restaurants so always ask ahead if you can pay with them or carry some cash for emergencies.

### National/Bank Holidays

Most shops and restaurants are now open on national/bank holidays. The exceptions being banks, post offices and any government offices. You should be aware that public transport runs a Sunday service on Bank Holidays. You can view a full list of public holidays here: [http://www.direct.gov.uk/en/Governmentcitizensandrights/LivingintheUK/DG_073741](http://www.direct.gov.uk/en/Governmentcitizensandrights/LivingintheUK/DG_073741)

### Loss of Personal Items

If you lose something or have it stolen and you wish to claim for it from your insurance company when you return home, you must report it to the police. The Police will ask you to fill out a police report form and give you a copy. The vast majority of insurance companies ask for this when you claim an item lost or stolen. If you lose your passport you must report it to the police and contact your embassy.

### Responsible Tourism

We operate adventures in some of the most spectacular landscapes and countries of the world and take responsible travel extremely seriously. We have designed this trip according to our M.A.C.S. Responsible Travel Policy, which is available in full from our website. You can help us whilst on holiday by following our M.A.C.S. Responsible Travel Policy.

- **Minimise Impact & Maximise Benefit**
  - Leave only footprints and take only photographs.
  - Plan ahead and follow any local signs & advice.
  - Leave gates and property as you find them.
  - Protect plants, animals and water sources.
  - Consider other people.
  - Buy goods, services food and wine from local people, shops, bars and restaurants whilst on holiday, we do.
  - Ask before taking pictures of people.
  - Recommend this holiday to your friends (if you have a good time) and the local economy will continue to benefit.

- **Action & Advocacy**
  - Encourage and educate other walkers and travellers about minimum impact and responsible travel.
  - Raise awareness amongst suppliers on environmentally sensitive practices.
  - Donate to the M.A.C.S fund on booking which we distribute to a range of chosen charities and projects.
- Get involved with a charity promoting responsible travel and trekking such as Tourism Concern or the International Mountain Explorers Connection

- **Carbon & Communities**
  - Macs Adventure’s office and operational policies minimise our carbon footprint through green business practices. You can offset the Carbon Cost of your flights here: [www.carbonneutral.com](http://www.carbonneutral.com)
  - Walking Holidays are a form of travel that gives you a wonderful opportunity to engage with the local community you are visiting. Get the most from your adventure by taking the time to engage with the community you are visiting.
  - Wherever possible the suppliers we use are all local operated and owned so that your holiday has the maximum possible financial benefit to the local community.

- **Sensitive & Sustainable**
  - Be sensitive to and respect local cultures, religion and customs. You are walking through a predominantly rural conservative area.
  - Spend your money with local suppliers so that the local economy and way of life continues to flourish for generations to come.
HOLIDAY INFORMATION

Information Pack, Route Notes & Maps

Your detailed information pack includes one Harvey Maps, the Trailblazer Hadrian’s Wall Path Guidebook, your accommodation details and this info pack.

Weather & Climate

There is never a bad time to be walking the Hadrian’s Wall but our personal favourites are the spring and autumn.

For detailed climate information please visit http://www.weather2travel.com. We recommend that you check local weather reports before setting out each day. These are available on the local TV and radio news and online.

Accommodation

We carefully select B&B’s, hotels and Inns that offer a warm welcome, comfortable accommodation, great food, facilities for walkers and are close to the route of the path. Due to availability in some instances the accommodation might be slightly further off the path but we will always give you detailed directions in your accommodation information sheet.

Directions & Contact Information: Detailed directions and contact information is included on your accommodation details sheet.

Check in time: Your hosts need time to change over the rooms between guests so rooms are generally only available from mid-afternoon onwards. If you arrive earlier they will be happy to store your bags but your rooms may not be ready yet. PLEASE CHECK IN BY 19:00 OR LET YOUR HOSTS KNOW YOU ARE GOING TO BE LATE.

Meals & Eating

Breakfast: this is included every day. Breakfast is generally served from 7.30 or 8:00 onwards, but check with each accommodation for the exact times. Breakfast can vary but normally includes a continental breakfast, which includes bread, butter, preserves, pastries, cereal, yogurt, cheese, ham, fruit and tea and coffee and the option of a cooked breakfast.

Lunches (Not Included): Many of your accommodations will be able to provide lunch packs for your next day’s walking, or give recommendations for places to eat as you walk to your next stop. We recommend talking to the owners at each accommodation when you arrive, so that they can either take your order and make up a packed lunch for you in good time for collection the next morning, or suggest a restaurant, pub, café or kiosk that you might like to try along the way. Please note that packed lunches are payable locally, direct to the accommodation provider.

Evening Meals (Not Included): There will always be a restaurant or pub close by where you can enjoy an evening meal or sometimes if the accommodation is remote they will prepare an evening meal (please check accommodation sheet as this normally has to be booked in advance).
Vegetarians and other dietary needs: If you are a vegetarian or have specific dietary needs, please inform your accommodation on arrival so they can suggest and prepare something appropriate. Vegetarians are generally well catered for in the UK.

Tipping: A normal tip for good service is 10% of the total bill. Bar staff are not normally tipped and as a general rule if you order at the counter a tip would not be expected.

ROUTE & ITINERARIES

DESCRIPTION

A walking holiday on Hadrian's Wall gives you the time to immerse yourself in the history of Hadrian’s Wall. This is a fascinating and rewarding journey alongside one of Britain’s Iconic landmarks. Hadrian’s Wall is Europe’s largest surviving Roman monument and a UNESCO world heritage site. The Hadrian’s Wall Path was opened in 2003 and follows the course of this Roman barrier closely along its entire length; it is fast becoming one of Britain’s most popular long distance paths.

Along the way you will be constantly amazed by the ingenuity and determination of the Romans in their quest to control this far flung corner of their vast empire. The wall is punctuated by regular forts, milecastles and turrets as well as regular museums and visitor centres to assist you in your journey of discovery. Not forgetting of course that you will be walking through some of the wildest and most beautiful scenery that England has to offer. Anyone with an interest in photography will be handsomely rewarded with magnificent light and breathtaking subject matter.

NAVIGATION

The route is comprehensively waymarked throughout by the acorn symbol indicating a national trail and signposts. In addition to this we supply a detailed map and a comprehensive guidebook so you will have no problem following the route. Make sure that you pay attention at any intersections and if you do not find a way marker at an intersection think back to the last junction and make sure you are on the right path. With the guidebook you will have no problem following the route, but we would suggest carrying a compass and knowing how to use it.

SELF GUIDED HOLIDAYS

Self-guided walking requires you to use problem solving skills, be adaptable and have a keen eye. The route is generally very easy to follow but we recommend that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!) Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure.

If you've never been on a 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. 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.
GRADE

The Best of Hadrian’s Wall is graded Easy to Moderate overall. Below is a summary of all the trips we offer and the grading relating to each of them:

WESHWP7 - 3 Days & 4 Nights – Easy to Moderate – Daily distances increase on some days and the terrain may be rugged underfoot with some hills but not too strenuous. Perfect for those with a relatively good level of fitness.
**Distance per Day:** 9 – 12 miles (14 – 19 km)

WESHWP8 – 4 Days & 5 Nights – Easy to Moderate - Daily distances increase on some days and the terrain may be rugged underfoot with some hills but not too strenuous. Perfect for those with a relatively good level of fitness.
**Distance per Day:** 8 – 12 Miles (12 – 19km)

WESHWP9 – 5 Days & 6 Nights – Easy to Moderate - Daily distances increase on some days and the terrain may be rugged underfoot with some hills but not too strenuous. Perfect for those with a relatively good level of fitness.
**Distance per Day:** 7 -12 Miles (12 – 19 km)

WESHWPSB – 3 days & 4 Nights – Easy to Moderate - Daily distances increase on some days and the terrain may be rugged underfoot with some hills but not too strenuous. Perfect for those with a relatively good level of fitness.
**Distance Per Day:** 9 – 12 Miles (14.5 – 19km)

ITINERARIES

We offer three itineraries on the Best of Hadrian’s Wall Path ranging from three to five walking days and on our Short Break we offer one itinerary at three days. The daily stages and overnight locations are detailed below. Please refer to your accommodation details sheet for your personal itinerary and accommodation details.

**ITINERARY WESHWP7 – 3 WALKING DAYS – 4 NIGHTS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Itinerary – WESHWP7 3 WALKING DAYS – 4 NIGHTS</th>
<th>➸</th>
<th>Miles</th>
<th>KM</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive in Corbridge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Walk from Corbridge to Chollerford</td>
<td></td>
<td>10</td>
<td>16</td>
<td>3-4</td>
</tr>
<tr>
<td>3</td>
<td>Walk from Chollerford to Once Brewed</td>
<td></td>
<td>12</td>
<td>19</td>
<td>4-5</td>
</tr>
<tr>
<td>4</td>
<td>Walk from Once Brewed to Gilsland</td>
<td></td>
<td>9</td>
<td>14.5</td>
<td>3-4</td>
</tr>
<tr>
<td>5</td>
<td>Departure</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### ITINERARY WESHWP8 – 4 WALKING DAYS – 5 NIGHTS

<table>
<thead>
<tr>
<th>Day</th>
<th>Itinerary – WESHWP8 4 WALKING DAYS – 5 NIGHTS</th>
<th></th>
<th>Miles</th>
<th>KM</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive in Corbridge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Walk from Corbridge to Chollerford</td>
<td></td>
<td>10</td>
<td>16</td>
<td>3-4</td>
</tr>
<tr>
<td>3</td>
<td>Walk from Chollerford to Once Brewed</td>
<td></td>
<td>12</td>
<td>19</td>
<td>4-5</td>
</tr>
<tr>
<td>4</td>
<td>Walk from Once Brewed to Gilsland</td>
<td></td>
<td>9</td>
<td>14.5</td>
<td>3-4</td>
</tr>
<tr>
<td>5</td>
<td>Walk from Gilsland to Brampton</td>
<td></td>
<td>8</td>
<td>13</td>
<td>3-4</td>
</tr>
<tr>
<td>6</td>
<td>Departure</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### ITINERARY WESHWP9 – 5 WALKING DAYS – 6 NIGHTS

<table>
<thead>
<tr>
<th>Day</th>
<th>Itinerary – WESHWP9 5 WALKING DAYS – 6 NIGHTS</th>
<th></th>
<th>Miles</th>
<th>KM</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive in Corbridge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Walk from Corbridge to Chollerford</td>
<td></td>
<td>10</td>
<td>16</td>
<td>3-4</td>
</tr>
<tr>
<td>3</td>
<td>Walk from Chollerford to Once Brewed</td>
<td></td>
<td>12</td>
<td>19</td>
<td>4-5</td>
</tr>
<tr>
<td>4</td>
<td>Walk from Once Brewed to Gilsland</td>
<td></td>
<td>9</td>
<td>14.5</td>
<td>3-4</td>
</tr>
<tr>
<td>5</td>
<td>Walk from Gilsland to Brampton</td>
<td></td>
<td>8</td>
<td>13</td>
<td>3-4</td>
</tr>
<tr>
<td>6</td>
<td>Walk from Brampton to Carlisle</td>
<td></td>
<td>11</td>
<td>17.5</td>
<td>4-5</td>
</tr>
<tr>
<td>7</td>
<td>Departure</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### ITINERARY WESHWPSB – 3 WALKING DAYS – 4 NIGHTS (Hadrian’s Wall Path – Short Break)

<table>
<thead>
<tr>
<th>Day</th>
<th>Itinerary – WESHWPSB 3 WALKING DAYS – 4 NIGHTS</th>
<th></th>
<th>Miles</th>
<th>KM</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrive in Corbridge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Walk from Corbridge to Chollerford</td>
<td></td>
<td>10</td>
<td>16</td>
<td>3-4</td>
</tr>
<tr>
<td>3</td>
<td>Walk from Chollerford to Once Brewed</td>
<td></td>
<td>12</td>
<td>19</td>
<td>4-5</td>
</tr>
<tr>
<td>4</td>
<td>Walk from Once Brewed to Gilsland</td>
<td></td>
<td>9</td>
<td>14.5</td>
<td>3-4</td>
</tr>
<tr>
<td>5</td>
<td>Departure</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Macs Adventure Walking Holidays – Recommended Clothing and Equipment

Having the correct personal equipment will make your walking holiday more enjoyable and comfortable. I hope that you find the following suggestions useful when considering what to take on your trip. They are based on my own experiences and I am sure that you will find other solutions will work equally well.

**Boots/Walking Shoes**

Keeping your feet happy and comfortable is essential. You have two choices when it comes to footwear. Traditionally boots were the only option but recent advances have meant walking shoes are becoming more popular. Whichever you choose ensure that they are comfortable and well worn in.

**Socks**

There is no point spending money on good boots or shoes and then not using the right socks. I would always recommend wearing just one pair of good quality walking socks. Again ask for advice in a specialist outdoor retailer. Take a minimum of two pairs on your trip and preferably three. Personally I swear by both Smartwool and Bridgedale. A great tip to prevent blisters is to coat your feet with Vaseline each morning then put on your socks, this stops rubbing and blisters appearing.

**Rucksack**

Your main bag will be transferred, but you still need a backpack to carry spare clothing, food and water. There are numerous models on the market, ideally yours should be 15 – 30 litres, comfortable and have a waistband.

**Walking Poles**

Walking poles are becoming more popular. I use and recommend them. A pair is best but many walkers start with just one. Leki Makalau anti-shock poles are some of the best although there are numerous brands on the market.

**Clothing**

I generally walk in a loose fitting pair of comfortable walking trousers or shorts (zip-offs are great in the summer) and a comfortable fast drying shirt or T-shirt. This combined with a warm mid-layer (fleece) and a breathable waterproof jacket and trousers take care of most weather conditions.

**Important:** A good sun hat which covers the back of your neck is essential in the summer. A waterproof jacket and trousers are highly recommended as it can rain at any time of year. You will need a warm hat and gloves in the winter, spring and autumn.

**Water Carrier**

A large water bottle is essential. Keeping hydrated is a key part of enjoying your day on the trail. Hydration systems with a reservoir in your pack and a drinking tube are becoming more popular and do tend to ensure you drink regularly.

**Packing Checklist**

This refers to your needs during the day; don’t forget comfortable shoes and clothes for the evenings as well as any medical and toiletry requirements.

**Essential**

- Walking boots/shoes
- Suitable clothing including good walking socks
- Hat
- Waterproof jacket
- Water carrier / bottle
- Food and snacks
- Rucksack
- Guidebook & Maps (supplied)
- Blister treatment kit
- First aid kit
- Cash and credit cards

**Desirable**

- Whistle, torch
- Walking poles
- Binoculars
- Camera (with spare batteries and film)
- Toilet tissue (biodegradable)
- Sun and wind protection
- Spare socks.
- Mobile phone