St Cuthbert’s Way Information Pack
**St Cuthbert’s Way Information Pack**

I have the pleasure of enclosing the details of your self-guided walking holiday on the St Cuthbert’s Way 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 – Mon – Fri 09:00 – 19:00, Sat 09:00 – 17:00)</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 (Carylite)</td>
<td>01434634448 07976356459</td>
<td>Luggage Transfers – Mark</td>
</tr>
<tr>
<td>Emergencies</td>
<td>112 or 999</td>
<td>Police, Fire, Ambulance, Mountain Rescue.</td>
</tr>
<tr>
<td>NHS Direct (For Health Advice and Reassurance 24 Hours a Day)</td>
<td>0845 4647</td>
<td><a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></td>
</tr>
<tr>
<td>Traveline North-east (Public transport Information, Journey planning and Timetables)</td>
<td>0871 200 22 33</td>
<td><a href="http://jplanner.travelinenortheast.info/">http://jplanner.travelinenortheast.info/</a></td>
</tr>
<tr>
<td>Useful Websites about the St Cuthbert’s Way</td>
<td>Official SCW Site</td>
<td><a href="http://www.visitscottishborders.com">www.visitscottishborders.com</a></td>
</tr>
</tbody>
</table>

### Tour Outline: St Cuthbert’s Way

**Duration:** 4 – 8 Walking Days  
**Distance:** 62 Miles  
**Short Description:** A fascinating historical walking holiday through the less trodden Scottish Borders and Northumberland countryside, finishing on the spectacular Holy Island.  
**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 Map 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: St Cuthbert’s Way Official trail guide, By Ron Shaw
- Harvey Maps: St Cuthbert’s Way
- 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 20kg**. Your bags will be moved locally and the details are in the table above. If you do have more luggage then you may 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 National Express bus service (operational along the trail.)

Timetables are available locally or from the National Express Website - [http://www.nationalexpress.com/home.aspx](http://www.nationalexpress.com/home.aspx).

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 Mark at Carry lite directly on 07976356459 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 St Cuthbert’s Way 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 in Melrose 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.
## Getting to Melrose

**EDINBURGH AIRPORT:**
Is the closest airport and has flights from Amsterdam, Belfast, Berlin, Bristol, Brussels, Dusseldorf, Exeter, East Midlands, Newquay, London, Manchester, Newcastle and Norwich. For information on airlines and transport to and from the airport please visit [http://www.edinburghairport.com/](http://www.edinburghairport.com/)

**NEWCASTLE AIRPORT:**
Newcastle Airport has flights from throughout the UK and Europe (mainly low cost and charter airlines) and is about 3h30mins by public transport from Melrose as it involves at least 2 changes. Details of airlines and facilities are available here: [http://www.newcastleairport.com/](http://www.newcastleairport.com/)

**LONDON AIRPORTS:**
London Heathrow, Gatwick and Stansted are probably the best options for those travelling from outside the UK. From the airport, travel to London King’s Cross where trains leave every hour to Melrose and is about (5hrs15mins).

**RAIL/BUS:**
From London King’s Cross you can catch the train to Melrose (5hrs15mins). From Lindisfarne there is very limited public transport so you will have to catch a taxi to Berwick-Upon-Tweed (approx. £20) and then a train from Berwick-Upon-Tweed onwards. Please check the National Rail website for times and prices: [http://www.nationalrail.co.uk/](http://www.nationalrail.co.uk/)

**CAR:**
Melrose is a 7 hour drive from London however long stay car parks are scarce in the town.

Journeys by public transport can be planned online at [http://jplanner.travelinenortheast.info/](http://jplanner.travelinenortheast.info/). It is better to book train travel in advance as this is substantially cheaper and you can do so at [www.thetrainline.com](http://www.thetrainline.com) or on the relevant train operator website. Local bus tickets are normally purchased on boarding the bus.

## Getting Back From Lindisfarne

Lindisfarne has limited public transport links and the best access point is Berwick-Upon-Tweed, which has excellent bus/rail links going both North and South. To return to Melrose catch the local bus or taxi to Berwick-Upon-Tweed and then the First Edinburgh number 60 bus to Melrose. Services depart from the Golden Square opposite the Leaping Salmon and take about 1 hour 40 mins.
**BUS:**
There are regular REGIONAL bus services connecting Newcastle-upon-Tyne with Berwick-upon-Tweed and the intermediate towns and villages. Buses on routes '505' and '515' stop on the A1 trunk road at Beal which is 5 miles from Holy Island village across the tidal causeway.

On *certain* days a LOCAL bus service (Route 477) operates between Holy Island and Berwick-upon-Tweed. This is irregular due to the fact that the causeway is closed twice daily due to the tides.

Schedules are timed, so far as is possible, to interconnect with some (but not all) of the Newcastle/Berwick buses. The service enables bus-travel between Newcastle, Berwick and Holy Island although for Holy Island travellers will have to transfer from/to the regional services at Beal.

To find on which days there is a service and check the bus times, the following two tables must be used, which you will find here:
http://www.lindisfarne.org.uk/general/schedule1.htm
- Table 1: is used to check which schedule is in operation on the date required
- Table 2: Lists the bus time table and the interconnections with the regional service for the schedule in operation.

To confirm times for the day that you are finishing I strongly recommend you use the Traveline service by either calling 0870 608 2608 or using the website http://traveline.info/

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**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.

**TIDE TIMES**

Please make sure you check the tide times for getting on and off Lindisfarne. Remember if you are walking from Wooler to Lindisfarne this is 18 miles and can take up to 9hrs so make sure you allow enough time to cross the causeway.

You can check the safe crossing times on the following website:
http://orawww.northumberland.gov.uk/www2/holyisland/holyisland.asp
And we recommend you print these off and have them with you whilst walking.
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 nine 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.
  - Greet and speak to locals in Italian, it is always appreciated.
  - 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**
  o 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)
  o 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.
  o 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**
  o Be sensitive to and respect local cultures, religion and customs. You are walking through a predominantly rural conservative area.
  o Spend your money with local suppliers so that the local economy and way of life continues to flourish for generations to come.

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**HOLIDAY INFORMATION**

**Information Pack, Route Notes & Maps**

Your detailed information pack includes a Harvey Map, the St Cuthbert’s Way Official Guidebook, your accommodation details and this info pack.

**Weather & Climate**

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

For detailed climate information please visit [http://www.weather2travel.com](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. In order to ensure that you enjoy your trip in good quality accommodation we may book you two nights at the same location. You can then use the excellent local bus service, operated by National Express to reach the start/end of your walk each day.

**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.**

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Contact Details: Macs Adventure: (Office) +44 141 530 8886 (Mon – Fri 09:00 – 19:00, Sat 09:00 – 17:00)  
Emergency out of hours: (Mob) +44 (0) 7500 718 081  
Police, Mountain Rescue, Fire, Ambulance: 112 or 999
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.

**Lunch (Not Included)**: Your guidebook includes details of available places to eat on the route each day. Most of the beaches and villages on route have at least a small shop and often a cafe or restaurants (be aware that opening times may be reduced out of season). Alternatively ask your accommodation for a packed lunch or pick up something from the local supermarket or shop.

**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). We always advise to pre-book a meal at Lindisfarne as there are limited places and you are restricted to the island.

**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**

The St Cuthbert’s Way is a fascinating historical 63 mile walking holiday through the less trodden Scottish Borders and Northumberland countryside. It finishes on the spectacular Holy Island where the walk across the sands at low tide is truly memorable.

Starting your adventure in Melrose you will travel south via the Eildon Hills which give a fantastic vantage point of the surrounding countryside. Near St Boswells you will walk along the banks of the River Tweed famous for its salmon fishing, then skirting Jedburgh to the north you continue east via Morebattle and onto Kirk Yetholm. Kirk Yetholm is where the Pennine Way finishes and which runs for 270 miles through the spine of England. The coast is now getting closer and after wonderful walking to Wooler you continue east until the sea is reached at Fenham for your walk across the sands to the spectacular Lindisfarne. An unforgettable experience through both Scottish Borders and Northern England.
Navigation

The route is comprehensively waymarked throughout by the St Cuthbert’s Way cross symbol. Were this symbol appears on its own it indicates that the route goes straight on and where it appears with an arrow it indicates that the path turns. In addition to this we supply detailed maps 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 St Cuthbert’s Way Walk is graded Easy to Moderate overall but each itinerary has its own grade. Below is a summary of all the trips we offer and the grading relating to each of them:

WSSSCW1 – 4 Days & 5 Nights – Moderate - Perfect for regular walkers, some days will be more challenging than others and the terrain will be varied with some rough and rugged footpaths. More ascent and descent involved so a good level of fitness will be required. Distance per Day: 13 - 18 miles (21 - 29 km)

WSSSCW2 – 5 Days & 6 Nights – Easy to Moderate - Daily distances increase on some days and the terrain may be a rugged underfoot with some hills but not too strenuous. Perfect for those with a relatively good level of fitness. Distance per Day: 8 - 18 miles (13 - 29 km)

WSSSCW3 – 6 Days & 7 Nights – Easy - A relaxed walking experience with ample time to appreciate attractions along the route. Generally on low level paths which are well maintained with clear signposting, the perfect choice for those with little or no previous experience of walking holidays. Distance per Day: 8 – 15 miles (13 - 24km)
**WSSSCW4 – 7 Days & 8 Nights – Easy** - A relaxed walking experience with ample time to appreciate attractions along the route. Generally on low level paths which are well maintained with clear signposting, the perfect choice for those with little or no previous experience of walking holidays. Distance per Day 6 – 12 miles (10 -20 km)

### ITINERARIES

We offer four itineraries on the St Cuthbert’s Way ranging from four to seven walking 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 WSSSCW1– 4 WALKING DAYS – 5 NIGHTS

<table>
<thead>
<tr>
<th>Day</th>
<th>Itinerary – WSSSCW1 4 WALKING DAYS – 5 NIGHTS</th>
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<th>Miles</th>
<th>KM</th>
<th>Hrs</th>
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<tbody>
<tr>
<td>1</td>
<td>Arrive in Melrose</td>
<td></td>
<td>Melrose</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Walk from Melrose to Harestanes (Jedburgh)</td>
<td>15</td>
<td>24</td>
<td>6-7</td>
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</tr>
<tr>
<td>3</td>
<td>Walk from Jedburgh to Kirk Yetholm</td>
<td>17</td>
<td>27</td>
<td>6-7</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Walk from Kirk Yetholm to Wooler</td>
<td>13</td>
<td>21</td>
<td>5-6</td>
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<td>5</td>
<td>Walk from Wooler to Lindisfarne</td>
<td>18</td>
<td>29</td>
<td>7-8</td>
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<tr>
<td>6</td>
<td>Departure</td>
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#### ITINERARY WSSSCW2– 5 WALKING DAYS – 6 NIGHTS

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<td>24</td>
<td>6-7</td>
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<td>3</td>
<td>Walk from Harestanes to Morebattle</td>
<td>9</td>
<td>14.5</td>
<td>3-4</td>
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<td>4</td>
<td>Walk from Morebattle to Kirk Yetholm</td>
<td>8</td>
<td>13</td>
<td>3-4</td>
<td></td>
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<tr>
<td>5</td>
<td>Walk from Kirk Yetholm to Wooler</td>
<td>13</td>
<td>21</td>
<td>5-6</td>
<td></td>
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<tr>
<td>6</td>
<td>Walk from Wooler to Lindisfarne</td>
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### ITINERARY WSSSCW3– 6 WALKING DAYS – 7 NIGHTS

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<th>Miles</th>
<th>KM</th>
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<td></td>
<td></td>
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<td>Walk from Harestanes (Jedburgh) to Morebattle</td>
<td>9</td>
<td>14.5</td>
<td>3-4</td>
</tr>
<tr>
<td>4</td>
<td>Walk from Morebattle to Kirk Yetholm</td>
<td>8</td>
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</tr>
<tr>
<td>5</td>
<td>Walk from Kirk Yetholm to Wooler</td>
<td>13</td>
<td>21</td>
<td>5-6</td>
</tr>
<tr>
<td>6</td>
<td>Walk from Wooler to Fenwick</td>
<td>12</td>
<td>19</td>
<td>4-5</td>
</tr>
<tr>
<td>7</td>
<td>Walk from Fenwick to Lindisfarne</td>
<td>6</td>
<td>9.5</td>
<td>2-3</td>
</tr>
<tr>
<td>8</td>
<td>Departure</td>
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</table>

### ITINERARY WSSSCW4– 7 WALKING DAYS – 8 NIGHTS

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<th>Miles</th>
<th>KM</th>
<th>Hrs</th>
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<td>Walk from St Boswells to Harestanes (Jedburgh)</td>
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<td>14.5</td>
<td>3-4</td>
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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 should be 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 Makalu 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