

## Facts Sheet

- 6 nights' accommodation.
- 6 days' walking/route guide provided.
- Daily door to door luggage transfers.
- 24hr on call assistance during your walk, if necessary.
- 77.5 miles and 656ft – 1968ft of ascent.
- A walk from the Scottish Borders to the Northumberland coast via the Cheviot Hills including a visit to Holy Island.
- Gentle gradients with impressive views.

## About & Details

- This walk is steeped in history, following the route of St. Cuthbert, who was Prior to Melrose Abbey before becoming Prior and later Bishop of Holy Island. The route takes you through some of the most varied and beautiful areas. You experience hill walking, walks along rivers, moorland and coastal walks, each bringing a different opportunity to witness wildlife, ancient towns and historic villages wait to welcome you, each having a story to tell. You walk through the Northumberland National Park and Northumberland Coast Area of Outstanding Natural Beauty. At times, the St. Cuthbert's Way shares its paths with other long-distance footpaths.
- You will need full walking attire including waterproof jacket and pants, a comfortable day sack and comfortable walking shoes/boots. You will receive a more detailed packing list upon booking.
- A contemplative guide for the daily journey will be included.

## Inclusions

- 6 nights' accommodations in quality B&Bs or hotels with ensuite or private bathroom and breakfast. Rates are based on double occupancy. Limited single occupancy may be available at an additional \$600 charge.
- Luggage transfers each walking day (1 x bag per person, maximum weight limit 44 pounds).
- 24-hour emergency assistance during your trip.

## Exclusions

- Travel to the start and finish points of the trip.
- Lunches (7) and dinners (5).
- Personal insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects).

## Getting There

- **By air:** The nearest airports are Glasgow or Edinburgh. Luggage transfers each walking day.
- **By public transport:** Train services are available from Carlisle, Edinburgh, or Glasgow to Melrose. Check [traveline.info](http://traveline.info) for the latest public transport information.
- **By road:** Melrose is located 61 miles Northeast of Carlisle.

## Getting Home

- **By road:** Berwick upon Tweed is located 63 miles north of Newcastle upon Tyne.
- **By public transport:** Train services are available from Berwick to Carlisle, Edinburgh or Newcastle upon Tyne. Check [traveline.info](http://traveline.info) for the latest public transport information.
- **By air:** The nearest airports are Edinburgh or Newcastle upon Tyne.

#### Dates & Prices

- **When:** Thursday, May 30-Wednesday, June 5, 2024.
- **Cost:** \$1495.00 includes 6 nights lodging, 6 breakfasts, 6 days' guided pilgrimage, 2 group dinners (at Melrose and Lindisfarne), luggage transfers each day, 24hr emergency assistance.

#### Accommodations

- Accommodation is at B&B, guest houses and small hotels. Reservations are based on **double** occupancy. *Limited single occupancy may be available at an additional \$600 cost.*

**At The End of Your Trip:** Unfortunately, all good things must come to an end! When you arrive at Berwick upon Tweed, you have two options:

- Independently book an additional night's stay in Berwick upon Tweed (your luggage will be transferred to that location)
- Head directly to your next destination, where your luggage will be delivered to your person upon arrival at Berwick upon Tweed.

#### Booking & Payment Deadlines

- October 1, 2023: \$500 nonrefundable deposit due
- January 15, 2024: \$500 payment due
- April 1, 2024: \$495 final payment due
- Make all payments @ website, [www.soulcareseseattle.com](http://www.soulcareseseattle.com). Designate as "Pilgrimage"

#### Pre-Trip Meetings

- November 2, 2023 @ The Layne, 7:00pm
- May 2, 2024 @ The Layne, 7:00pm

**Resources:** Enjoy familiarizing yourself with St. Cuthbert.

- Fire of the North, The Life of St. Cuthbert – David Adam
- The Life of St. Cuthbert, Bishop of Lindisfarne – The Venerable Bede
- St. Cuthberts Way, Official Guide – Ron Shaw
- Cuthbert of Farne (Trilogy), Katharine Tiernan
- The Farfox Chronicles, The Posthumous Travels of St. Cuthbert – George Slanger
- Braving the Thin Places, Celtic Wisdom to Create a Space for Grace, Julianne Stanz
- The Art of Pilgrimage, The Seeker's Guide to Making Travel Sacred - Phil Cousineau
- Pilgrimage, Lessons learned from solo walking three ancient ways – J.F. Penn
- The Life You Save May Be Your Own: An American Pilgrimage - Paul Elie

## Itinerary:

**Day 1 - Arrive in Melrose:** Arrive at your overnight accommodation in Melrose. **Shared dinner and orientation.**

**Day 2 – Melrose to Jedburgh** (19.5 miles and 1050 ft of ascent). Your walk begins in the historical town of Melrose where St. Cuthbert started his journey to Holy Island. You will climb over the saddle of the Eildon Hills, walk along the River Tweed and have the opportunity to visit the ruins of Dryburgh Abbey. Soon after leaving the River Tweed, you will work along Dere Street, the famous Roman road. The walking is relatively easy, but it is a long stretch. You will join the Borders Abbeys Way to bring you to Jedburgh for your overnight stay.

**Day 3 – Jedburgh to Kirk Yetholm** (16 miles and 1207 ft of ascent). Today, you will arrive at the highest point of the St Cuthbert's Way by reaching the summit of Wideopen Hill 368m (1207ft) after passing through the small village of Morebattle. You will then follow Bowmont Water into Kirk Yetholm where you will stay overnight.

**Day 4 – Kirk Yetholm to Wooler** (13 miles and 1968 ft of ascent). While this is a fairly short distance day, you will spend pretty much all of the walk in the Cheviot Hills, gaining some height. You will start your walk along the Pennine Way before joining St Cuthbert's Way to the left. After you cross the border into Northumberland there will be an opportunity to visit the Hethpool waterfalls. As you walk, watch for the feral goats, who wander the Cheviot Hills. The walk meanders through some of the most scenic, high fell country before dropping down to Wooler for tonight's accommodation.

**Day 5 – Wooler to West Mains** (13 miles and minimal ascent). Today's walk is steady along paths, tracks and some roads. You cross Weetwood Moor and have the opportunity to visit St. Cuthbert's Cave, where it is believed that the monks, fleeing from the Viking raids on Lindisfarne, took shelter. Soon after the Cave, you join up with the St. Oswald's Way to travel north through Shiellow Wood to Fenwick and on to your accommodation in West Mains.

**Day 6 - West Mains to Holy Island** (7.5 miles and minimal ascent). Following the Pilgrim's Way today, you cross the tidal causeway to Holy Island. You will need to back track to Fenwick to pick up the St. Oswald & St. Cuthbert's Way for the official route. Please check locally as to the safe times to cross to Holy Island. You can stay on Holy Island or visit for the day, subject to the tides. **Shared dinner and debrief this evening.**

**Day 7 – Holy Island to Berwick upon Tweed** (11.5 miles and minimal ascent). Your final day is mainly road walking but, by picking up the Northumberland Coast Path, you can follow the coastline and visit Goswick and Cheswick Sands. Look out for the Skerrs, exposed sections of limestone sticking out into the sea. Your arrival in Berwick upon Tweed is the end of your trip unless you have booked an extra night's accommodation.