

Walking in Northumberland and the Lake District

Trip Code: WNL

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Soak up the views walking in two of Northern England's most picturesque counties
- Embrace the contrast between the sweeping coastline and rolling hills of Northumberland, and the high mountains and verdant vales of the Lake District National Park

- Step back in time with visits to roman and anglo saxon settlements and fortresses
- Head to Lindisfarne to explore this Holy Island, crossing the causeway on foot at low tide

AT A GLANCE

- 6 days walking
- Join at Penrith

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Spend a week in two of Northern England's most picturesque counties. This walking holiday is all about hiking through the absolute highlights of Northumberland and the English Lake District. You'll visit a roman hillfort built into the line of Hadrian's Wall, and discover the sacked 8th century priory on Lindisfarne. You'll take in sweeping coastal views, and climb the rolling hills of the interior of the county and wander through the gardens of Alnwick Castle before making your way over to the west coast. Once arriving in the Lake District you'll head into the dramatic mountain bowl of the Buttermere Valley; climb to the summit of Cat Bells above the shores of Derwent Water, and discover one of the Lake District's most stunning waterfall, Aira Force.

Is this holiday for you?

This holiday is suitable for fit weekend walkers. We hike at a good pace and you can expect to be out for 6-8 hours a day. You will mostly be on a path but the terrain underfoot may sometimes be rough and boggy, including boulder fields and mountain tops. Some of the daily hikes will involve a mountain ascent of over 500m high. Daily distances will be typically up to 13km but may be longer occasionally. Daily hike details are available in the itinerary. The weather in Northern England can be unpredictable and at times can make activities more challenging.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- A professional and appropriately qualified guide
- All transport involved in the itinerary
- Entry to attractions specified in the itinerary

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Drinks
- Miscellaneous personal expenses

Important Notice

This holiday is operated in association with Wilderness England, and they sell their own customers directly on to this trip also. KE acts as an agent for Wilderness England and by booking this holiday you are entering into an agreement directly with Wilderness England under the terms of their booking conditions.

Joining Arrangements & Transfers

Your Guide will meet you at Penrith Railway Station at 0900 on Day one of your trip. You will be returned to Penrith Railway Station for 1600 on the final day of your trip.

Meal Plan

All meals are included in this trip from lunch on day 1 to lunch on day 7.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

On this trip, we generally eat dinner as a group however if you would like to make alternative arrangements you are free to do so. Your guide will have an evening off during this trip where they do not eat with the group. They will recommend options for dinner that evening and will help you make any necessary reservations.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

This trip features welcoming and quality accommodations including a traditional guest house hotel and an elegant Victorian hotel. Accommodation is a choice of double or twin rooms with ensuite facilities.

Group Leader & Support Staff

A professional and appropriately qualified guide.

Baggage Allowance

There is no weight limit for your luggage on this holiday, however you will need to be able to lift and move your own luggage easily.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in the UK is (GBP) Sterling.

Climate

The UK has a temperate climate. The weather in the Lake District and Northumberland can be unpredictable and it is not uncommon to experience four seasons in one day at any time of year. March to October is great for walking. Late spring/early summer tends to offer the driest weather, with July and August being the warmest months.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots (trail shoes are not suitable)
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts (1 short sleeve, 1 long sleeve)

- Fleece jacket or warm jumper
- Waterproof jacket
- Thermal gloves
- Warm and waterproof gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Daypack 25 – 35 litres should be sufficient
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, tick tweezers, antihistamines, re-hydration salts

THE FOLLOWING ITEMS ARE OPTIONAL:

- Travel shoes / Trainers
- Gaiters
- Spare laces
- Shorts
- Shirts (e.g. T-shirts)
- Thermal baselayer - leggings
- Thermos flask
- Trekking poles
- Insect repellent
- Camera
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Midge net
- Reusable cloth bag for shopping (to avoid plastic bags)
- Reuseable lunch box and water bottles (to avoid plastic waste)

Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Penrith train station at 09:00 on day 1 of the itinerary.

Why Choose KE

Why KE

With our office headquarters in Keswick we know all about the many wonders of this trip, because quite simply, we all love to live and work here. On our English holidays we pride ourselves on the quality of our meals, the excellence of our local expert guides, and our attention to organisational detail, meaning that you can have a world-class experience in some of the world's most majestic scenery.

Please Note This document was downloaded on 11/07/2025 and the trip is subject to change