



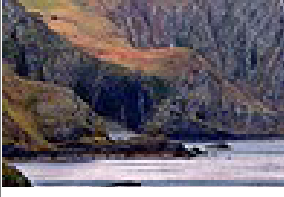



Northern Cross 2018 – at a glance

the annual Christian Easter walking pilgrimage to Holy Island – Lindisfarne; description of routes for 2017

	Group (Leg) Name	Start Point, Route and Stops	Walking Grade / Terrain description	Difficulty, Longest Day(s) Support Car provided unless specified.	Walking Days	Average Miles / Day	Total Distance
					Plus 2 days weekend on Lindisfarne		
	Carlisle Leg	Starting in Carlisle this leg then goes to Lanercost, Haltwhistle, Wark, Elsdon, Ingram, and Belford, before crossing to the sands on Good Friday to Holy Island.	STRENUOUS Mostly cross-country through rolling countryside following Hadrian's Wall, then steep rugged hills, open moorland and forest.	STRENUOUS Strenuous; high mileage per day and rough difficult terrain in areas. Longest days Monday 17 miles Haltwhistle to Wark, Wednesday 22 miles Elsdon to Ingram.	7	16 miles	105 miles
	Lanark Leg	Starting in Lanark southeast of Glasgow then goes to Biggar, Peebles, Selkirk, St.Boswells, Kelso, Etal, before crossing to the sands on Good Friday to Holy Island.	DIFFICULT Mainly cross-country through rolling countryside, following the River Tweed past Niedpath Castle, highest point on the Three Brethren (Monday)	DIFFICULT Difficult; the higher mileage each day requires stamina. Longest day Monday 23 miles Peebles to Selkirk, plus dawn start on Friday to catch the tide.	7	16 miles	114 miles
	Melrose Leg	From Melrose then Maxton, Jedburgh, Morebattle, Town Yetholm, Kirknewton and St. Cuthbert's Cave (staying in Chatton) Holy Island.	MODERATE / DIFFICULT Mostly crosscountry through rolling countryside, over some very rugged hills (some high) and then open moorland beyond Wooler, gentler towards the coast.	MODERATE / DIFFICULT Moderate; An easier paced walk, though Kirk Yetholm to Wooler is rugged & very hilly to the summit, plus bogs. Longest day Thursday 16 miles Kirknewton to St Cuthbert's Cave.	10 miles	70 miles	

Note - in some other years we have also run the following Legs. For various reasons to do with leadership teams and the dates of Easter, these are not planned to be run this year, but we would hope they may be run again in future years as required.

	Bellingham Leg to return in future	Starting from Bellingham this leg proceeds to Kirkwhelpington, Rothbury, Alnwick, Seahouses, Belford before crossing to the sands on Good Friday to Holy Island.	MODERATE / DIFFICULT Rolling countryside, forest, rugged hills, open moorland, before following St.Oswald's Way into Alnwick, finally coast path and beaches to Seahouses, past Bamburgh and to Belford.	MODERATE / DIFFICULT Moderate; some hill climbing around Simonside. Total ascent 570m. Starts with a shortish day to Kirkwhelpington, then distances gradually increase, with longest day on Wednesday: 19 miles Alnwick to Seahouses	6	16 miles	99 miles
	Dunbar Leg to return in future	Starts in Dunbar then Cockburnspath, St Abbs (sleeping at Coldingham), Eyemouth, Berwick-upon-Tween, Lowick and Holy Island	EASY / MODERATE Rolling countryside, follows River Tyne to the coast at Dunbar, then the John Muir Way and other coast paths, hugging the rugged coastline to the beaches south of Berwick. Good for bird-watching!	EASY / MODERATE Easy / Moderate; Shorter days than the other main groups. Longest day is Monday, 14 miles coast path from Cockburnspath to St Abbs.	6	10 miles	65 miles
	Family Leg to return in future as required	Based in a Hostel (or other venue booked entirely for us), Family Leg is a group aimed at those with babies and young children, as well as grandparents!	EASY With a smaller and lighter cross (child sized), and walking shorter and easier than the main groups. See a lot of the glorious coast, with its long beaches and dunes and seaside towns including Bamburgh (with historic Castle)	EASY Easy; the activities will involve short walks, visiting churches and local playgrounds, celebrating Holy Week liturgies, making Easter gardens, egg rolling, visiting the swimming pool etc., Opportunities to lengthen some walks.	6	3 – 4 miles depends on day's activity (with additional options up to 6 miles).	15 miles approx

Whatever your age, experience or walking ability there is a Leg for you, & we would love to have you along! See www.northerncross.co.uk Email walk@northerncross.co.uk for information.