BRITAIN'S GREATEST TRAIL

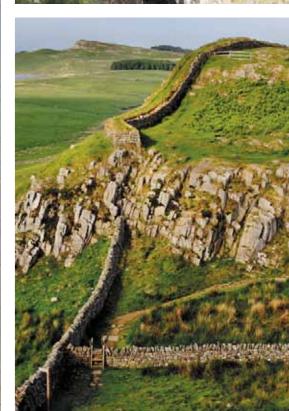
The Pennine Way turns 50 this spring and there's never been a better time to walk all 268 miles from the Peak District to Scotland. Here's the definitive guide to planning your big adventure, plus 10 top days out to sample the trail's highlights.

WORDS: DAMIAN HALL









OUR EXPERT



Damian Hall is a freelance outdoor journalist who's hiked many of the world's famous and not-so-famous ong-distance trails. He authored the official Pennine Way guide (Aurum ress) and has also completed the Spine Race along the National Trail. nd out more at www.damianhall.info

TARTED IT AS a school girl," reads the comment in the visitors' book at the end of the Pennine Way in Kirk Yetholm's Border Hotel. "Finished as an OAP." I had got briefly topographically embarrassed a couple of times en route from the Peak District to the Scottish Borders, but not that badly lost.

Jesting aside, as I sipped my victory ale in the pub that marks the traditional end point of England's oldest and toughest National Trail, I was staggered by the level of dedication and determination it must have taken to stick with the project over so many years. But the Pennine Way can have quite an effect on people.

The National Trail was unknowingly started by two anonymous American women. In 1935, they wrote to the Daily Herald newspaper asking for advice on a walking holiday in England. Was there anything here like the Appalachian Trail in the US, they wondered? The short and shameful answer was no.

Tom Stephenson, a journalist, walker and future secretary of the Ramblers' Association, recognised the 'lonely entrancing' Pennines as an excellent place for such a path and put forward the idea in the same paper: "Wanted - a long green trail" was the headline, calling for "A Pennine Way from the Peak to the Cheviots".

At the time, many upland areas were legally out of bounds to outdoor types, despite being public land. A groundswell of frustration had led to the Mass Trespass on Kinder Scout in April 1932, and Stephenson hoped to use the Pennine Way idea as a crowbar to open up the moorlands of the Peak District and South Pennines.

Both of Stephenson's wishes would finally happen, but he would fight for another 30 years for the Pennine



∢START HERE

You might want a drink at the pub to see you on your way - day one is a 16-miler over Kinder and Bleaklow Head to Crowden.

for the occasion. The UK's first National Trail was a victory for people power.

It's normal to feel some nerves before starting a longdistance walk, but tiptoeing out of idvllic little Edale I felt more nervous than usual. You see the Pennine Way had something of a reputation. And it's mostly Alfred Wainwright's fault. When the pipe-smoking Lancastrian walked the Way for his 1968 guidebook it rained incessantly. He also had to be rescued from a Black Hill peat bog, while a gale, "so shrivelled some of the body organs necessary for a full and enjoyable life that I feared they would perish forever". The last lines of his guide are: "You won't come across me anywhere along the Pennine Way. I've had enough of it."

I'd also read Barry Pilton's One Man And His Bog and Mark Wallington's Pennine Walkies and while both are hilarious, they don't exactly dispel the myth that the trail is one long hiker-devouring peat bog to be endured in monsoon conditions.

What I didn't realise as I set out is that the hallowed footpath has been much improved since - more signposting, habitat regeneration, flagstones over the boggiest bits - and as other trails have gained more attention, hikers have wandered off elsewhere. Ironically, as the Pennine Way is in its best shape ever, fewer people are walking it. Which is fantastic news for the rest of us.

- all blockbuster action from the off. It starts with a breathless climb up Jacob's Ladder to the stirring shape ever, fewer people are walking it. Which is fantastic news for the rest of us."





Edale, ascending

Jacob's Ladder

to Kinder Scout.

▲UP THE LADDER The Pennine Way tots up 37,215 feet of ascent and the climbing begins soon after leaving



The first day of the Way is like a James Bond film

DESTINATIONS The Pennine Way

Kinder plateau – where I doffed my cap to the heroic Mass Trespass folk. The wind tried to make off with my hair and Donald Duck laughed at me from the undergrowth (maybe it was a grouse), but I felt giddily liberated to finally be on the legendary Pennine Way.

I passed the dramatic Kinder Downfall, survived the labyrinthine groughs of Devil's Dike, felt moved by the wrecked WWII US bomber on Bleaklow and enjoyed the long but scenic descent to tiny Crowden. All these names had been just, well, names in books. Now, to me, they were real – personal – things.

It felt only fitting to have Wainwright quoted at me by a fellow Wayfarer over my first Pennine Way breakfast, though the second day was less dramatic. Aside from the exciting Laddow Rocks, it was enjoyably calm, as my legs reluctantly settled into the task. I thought it best to only tell them we were off walking 'for a few days'. They can get a bit bolshy otherwise.

The dramatic descent into Calderdale past Stoodley Pike is memorable. As is the climb up the other side. It was spring and the fields were full of daffodils and lambs – one followed me bleating for several minutes seeming sure I was its mum. Then it was over the wind-whispering, mellow yellow Heptonstall Moor, to Brontë Country and more evocative moorland, which made me want to read *Wuthering Heights*.

After that, Malham took a long time to arrive, perhaps because I had such big expectations. But it didn't disappoint. So much so that despite a long hard day, I went out walking again after dinner to explore Gordale Scar and surrounds, looking for the spot where Steve Coogan stood during that TV series he did with Rob Brydon about eating really expensive food.

In the wonderful Yorkshire Dales the Pennine Way really kicks up a notch. There are classic limestone pavements, then the idiosyncratic but conquerable monster of Pen-y-Ghent, the highest point on the Way so far, to clamber breathlessly over. Hawes was a treat – not least the best fish and chips en route and some of that lip-smackingly fine Wensleydale cheese.

Climbing up Great Shunner Fell, more than anywhere else, it really feels like you're walking along the backbone of England. The Way leads down to cute







∢VALLEY VISTAS

The monument on Stoodley Pike looks over Calderdale, and you can climb its dark, spiralling staircase to even bigger views.

∢CASCADE COUNTRY

Low Force is
the first of a trio
of spectacular
waterfalls
in Teesdale,
followed by
High Force and
Cauldron Snout.



"In the Yorkshire Dales the Way kicks up a notch. It really feels like you're walking the backbone of England."

▼DELICIOUS DALES

The Pennine Way dips down to the lush pastures of Swaledale, between the wild uplands of Great Shunner Fells and Tan Hill.

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PHOTO: © LOOP IMAGES LTD / ALAM

little Thwaite (which is well worth the, er. Thwaite) and along the dashing cleft of Swaledale and to Keld, via some noisy waterfalls.

At Tan Hill Inn - what a sight after miles of lonely moorland - I assumed I was the only hiker in the bar. I slowly discovered, as ale and conversation flowed, that everyone there was either walking the Way or the Coast to Coast, including two Americans. By this point I was regularly passing three Belgians, who were lovely folk, but always getting lost as they chatted incessantly.

From Middleton-in-Teesdale the Pennine Way deviates from its otherwise dogged south-north trajectory to take a surprising detour south-west. But it soon becomes clear why. Skipping through wild-flowery meadows and following the playful River Tees, Low Force tickled my fancy and High Force and Cauldron Snout tickled me fancier. That's a pretty good day by anyone's standards, but the best bit of the whole walk was still to come: High Cup had my jaw meeting the floor. I was expecting great things and I was smitten by that terrifying, compelling cleft.

I got a soaking and temporarily topographically befuddled on Cross Fell - as is traditional - but by this time I had finally made a friend (it only took me 11 days) and I teamed up with Chris from Bristol to stay in Greg's Hut overnight to dry out.

In truth, not everything about the Pennine Way is wondrous and the section from Alston is a bit annoying: you're kept oddly low down and the route is fiddly. But then you reach Hadrian's Wall. On any other walk a World Heritage-site would be the highlight, but the Way has so much splendour the Roman wall almost gets forgotten. You march along one of the world's most famous historical sites for eight miles, with views to match the heady sense of drama. Leaving it is a stirring moment too, not unlike heading north from the Wall in Game of Thrones and into the woods.

The criminally under-rated Cheviots were a spectacular finale - even if, as Wainwright griped,

"The Pennine Way has so much splendour, the World Heritage Roman Wall almost gets forgotten."

they're not strictly part of the Pennines. But it'd be a crying shame to go all that way and not taste the glorious, giant domes of wind-swept volcanic rock, with hardly a soul about. Talk about saving the best for last.

In the Border Hotel, Chris and I reflected that the Pennine Way's tough reputation was mostly unfair. Sure it's long, can get a bit squelchy underfoot and will make your calves whinge. But no peat bogs tried to swallow me and I only got a soaking twice in 16 days.

I had discovered a stirring adventure to be had, up in wild and surprisingly remote-feeling hills and moorlands, right in the middle of a busy, densely populated island. I felt a changed man by the end, more peaceful and fulfilled somehow, and thrilled with this big new discovery. I wasn't perhaps as different to when I started out as the lady writing in the Hotel's Wayfarers' book, but I was changed, for the better, none-the-less.

▲ EDGE OF AN EMPIRE

The Pennine Way follows the great wall of the Emperor Hadrian along the edge of the Whin Sill.



■HAPPY ENDING

Wayfarers can claim a free half-pint at the Border Hotel, after 268 miles on the trail.

> Turn for details of a new BBC TV series on the Pennine Way, plus how to plan vour Pennine adventure...

THE TRAIL ON TV

THE POLES TO THE PENNINES

A new BBC series on the Pennine Way will air in April, but what did its presenter, Polar explorer Paul Rose, make of England's oldest National Trail? INTERVIEW: DAMIAN HALL

"You don't have to go to

other side of planet to have

a first class adventure, to be

amongst nature and see

beautiful places."

What sort of people did you meet?

Everyone I met was very excited about

the Pennine Way - they had big smiles

and their heads were up, despite how

tough it can be. I met one walker who's

in the programme who was attempting

it for the 19th time! He was a wonderful

guy - not your classic walker to look at,

Way is getting easier, because it's better

signed and maintained, the villages are

friendlier and the beer is better! Some

people had come a long way. I met

walkers from the US who had done

the Appalachian Trail, which was

great as the Pennine Way was

but a big solid character with a huge

rucksack. He said he felt the Pennine

How was your experience of the Pennine Way?

Absolutely brilliant. I had a lot on last year, but when the idea for the programme came up, and especially as it was the 50th anniversary, I leapt at it. I only live 30 miles away from it and it was realising a dream for me. It was a fantastic summer, I had a huge amount of fun and I learned a lot too.

What did you learn?

You don't have to go to other side of planet to have a first class adventure, to be amongst nature and see beautiful places. I've been very lucky to have worked in the Arctic, Africa and French Polynesia, but the best adventures are often just outside your door. Walking the Pennine Way was meaningful to me on a personal level, thanks to the people I met on the way, and there was the sheer physical pleasure of walking on such a beautiful route.



Paul Rose is a polar explorer, expedition leader, professional diver and TV presenter. He has twice been Vice President of the Royal Geographical Society, been awarded the Queen's Polar Medal and has an Antarctic mountain named after him, www.paulrose.org

How does the Way compare to places you've visited around the world?

I loved it. Everything about it - the sense of scale and the surprising challenge. I've skied and climbed mountains, but it still tested me. They were full, adventurous days, and I had that heightened sense of awareness, the same as I get in Antarctica. It's a genuine adventure.

Did you have a favourite bit?

High Cup. I knew it would be good, but it was still a big surprise. Great Dun Fell was exciting - we had big winds, low cloud and it was getting dark, and it got very challenging. I loved the start and the end, too. Plus kayaking on the River Tees and climbing up Malham Cove. Greg's Hut was a great night. It's so well organised in there, with firewood and coal. We cooked up a great dinner.

How did you feel at the end?

I remember sitting in the Border Hotel in Kirk Yetholm thinking - 'oh no, it's all over'. I liked the challenge of navigation and the joy of walking long-distances.

What are you hoping the programme

Do you think the trail lives up to its

If you do day sections it might not seem so tough, but to do the whole walk is

a real challenge - it all stacks up. That said, some of its reputation is unfair. The

boggy sections have largely been fixed and the bogs are important ecosystems.

reputation as tough?

will show people?

I want to encourage people to get a feeling for the beautiful wild places and enhance our attachment to nature. As soon as you get up on to that spine, the Pennines, you've got peace and a sense of wilderness. It's vital we look after places like this. Thanks to all the hard work people do to maintain trails and places like this, we can all benefit. And to get people doing the walk - what better time than in the anniversary year!

Any advice for would-be Pennine Wayfarers?

It is a big physical challenge. You don't have to be supremely fit, but you've got to want to do it. You need to be organised, travel light and be fit enough to enjoy it. That said, I would also say don't over prepare. I've met people who keep buying guidebooks and maps, studying everything online, buying more kit, planning - just put your boots on and go! Oh, and take some earplugs.

► The four-part documentary **THE PENNINE** WAY airs on BBC One Yorkshire in early April, followed by a nationwide broadcast on BBC Two soon after.

can be wondrous, too. but popular weekend walking destinations like the Peak District and Yorkshire Dales can get very busy and accommodation scarce.

PLAN YOUR ITINERARY

On average the trail takes about 16-19 days. Most go south-north as it's the way the official guidebook describes the route and it keeps the weather to your back.

GETTING THERE

Trains from Manchester and Sheffield regularly go to Edale (as well as limited bus services). where there are several good accommodation options. Trail end at Kirk Yetholm isn't so well serviced, but there are buses to bigger towns (except on Sundays) and a taxi service.

WHERE TO STAY

The trail conveniently plonks you at villages with accommodation options at regular intervals and there are some surprisingly plush and affordable B&Bs en route. There are hostels, bunkhouses and campsites, too, and wild day's walk is helpfully interrupted by an inviting public house, but sometimes there's no luncheon option and you'll need to carry enough nosh and snacks. Evening meals and breakfasts aren't hard to come by though

MAPS AND GUIDES Aurum's official Pennine

Way guide has full-page OS mapping, detailed route descriptions, practical advice, background information. GPS references, illustrations and plenty of Wainwright quotes. Cicerone and Trailblazer also do guides. The best maps are Harvey Maps, which cover the route in three sheets (you would



(and accommodation booking services) including The Sherpa Van Project (www. sherpayan.com):

Brigantes Walking Holidays and Baggage Transfer (www.

brigantesenglishwalks. com); and Contours Walking Holidays (www.contours.co.uk)

P HOW HARD is it?

It's generally seen as England's toughest long-distance walk, because of the distance. terrain and remoteness at times. Try a shorter multi-day walk first, and perhaps some day walks on the Pennine Way to acclimatise. It's perfectly manageable for most regular walkers though.

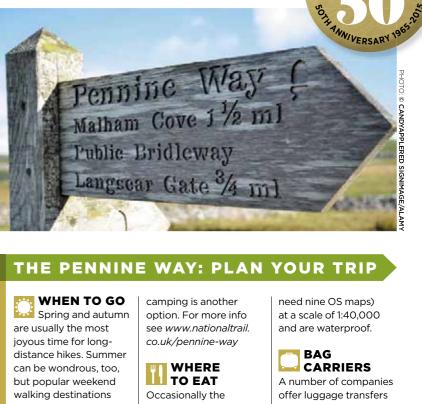
MORE INFO i Mona ... The official

Pennine Way National Trail website is excellent www.nationaltrail.co.uk/ pennine-way.

The Pennine Way Association (www. penninewayassociation co.uk) site is also useful

Now turn to discover the top 10 highlights on the Pennine Wav...







THE PENNINE WAY TOP10 HIGHLIGHTS

You don't need to walk the entire trail to enjoy the Pennine Way. Here are 10 incredible sights between Edale and Kirk Yetholm that are perfect for a spring day out...

WORDS: DAMIAN HALL

1Kinder Scout

It's ironic that for a hill so loaded with symbolism it's difficult to know when you're at the top of it, because this 'peak' is more of a moorland plateau. Kinder is synonymous with 1932's Mass Trespass, when around 400 walkers led by the 20-year-old Benny Rothman scuffled with gamekeepers in protest against limited access to the countryside. Many see it as a turning point in the campaign and 'right to roam' legislation followed. The trail used to go over Kinder a different way but has been rerouted to avoid erosion. It's very fitting that Kinder is reached only a few miles into the Pennine Way, a totemic send off if ever there was one.

• WALK HERE: Download your nine-mile walk at Kinder Scout from www.lfto.com/cwroutes

Top Withins

been associated with the Earnshaw home in Emily Brontë's Wuthering Heights. However, the often illequipped tourists who trudge up here on their Brontë pilgrimages are met with a Brontë Society plaque saying, "The buildings, even when complete, bore no resemblance to the house [Brontë] described, but the situation may have been in her mind when she wrote of the moorland setting of the Heights." Either way, it's a poetic spot, all alone in a large sweep of windswept moor. There's less disputing that 17th-century farmhouse Ponden Hall, which the Way also passes, was the inspiration for Thrushcross Grange. ► WALK HERE: Download your nine-mile route to Top Withins from www.lfto.com/cwroutes









Tan Hill Inn

There's no more welcome sight anywhere on the Pennine Way - perhaps anywhere in the world! - than glimpsing the lonely oasis of the Tan Hill Inn on the horizon after several miles of barren moorland.

The Inn is most famous for being Britain's highest pub, but it's also been in three TV adverts and once laudably stood up to bullying US fast-food giants Kentucky Fried Chicken. In 2007 then-owner Tracy Daly received a letter from KFC instructing her to remove the words "family feast", which are copyrighted by the American chain, from the menu. Understandably Daly thought the letter a late April Fool's joke.

It wasn't. The inn didn't back down and KFC, perhaps seeing the PR suicide they were about to commit, finally gave up the lawsuit.

A night here is a chance to catch up with fellow hikers - some, perhaps from the nearby Coast to Coast - and trade tips and blisters over a beer or two.

▶ WALK HERE: Follow the Pennine Way north from Keld for four miles to reach the Tan Hill Inn. Return the same way, or head south-west on a path across the lonely moors of Robert's Seat to Jenny Whalley Force, then curve southeast into Swaledale and east along the valley back to Keld to complete an 11-mile loop.



High Cup

If there's a more spectacular view anywhere in England I'd love to know about it. As you approach High Cup (Nick, as it's sometimes misnamed, is a cleft on the northern bank), the ground suddenly opens up beneath you like an earthquake in slowmotion, to reveal an apocalyptic chasm. The symmetrical U-shaped valley of whinstone cliffs and dolerite crags was gouged out by a glacier - or a giant ice-cream scoop, depending on who you believe - to leave an affecting reminder of the awesome power ice can wield. It's around 700 feet (200 metres) to the valley floor and views go west into the Eden Valley and on to the Lake District - which gets thousands more visitors and leaves High Cup gloriously neglected. It's the greatest point on the Pennine Way and one of those moments where all the toil feels worth it for this special trophy.

▶ WALK HERE: Download your 10-mile walk at High Cup from www.lfto.com/cwroutes

"It's the greatest point on the Pennine Way and one of those moments where all the toil feels worth it for this special trophy."



Cross Fell & Greg's Hut

A 1747 edition of Gentlemen's Magazine said Cross Fell is "generally 10 months buried in snow and 11 in clouds". It's the most notorious part of the Pennine Way, the highest point in England outside the Lake District and the coldest place in the country, according to the Met Office. Thank goodness then for the sanctuary of Greg's Hut, not far from the summit and a welcome place to rest, luncheon or stay the night. Named after John Gregory, a mountaineer who died in the Alps in 1968, this bothy is a Pennine Way institution. If your luck's in, firewood will have been supplied by the saintly people of Greg's Hut Society. As ever in this sort of place, the visitors' book is full of humour and stories. There's always someone who's had a worse time than you.

▶ WALK HERE: Download your 9½ mile walk to Cross Fell at www.lfto. com/cwroutes. Greg's Hut is a 900m detour east along the Pennine Way from point 5.



Hadrian's Wall It's a bit greedy of the Pennine Way to include the Wall's a masterpiece of military engineering, Roman Hadrian's Wall too, but it traverses eight miles of Britain's biggest building project and one of the finest Roman the World Heritage-listed ancient architecture - the very best remnants in Europe. Stretches are still intact, others have been of it in fact. The Wall is a place of dramatic views, tangible restored and remains of camps can clearly been seen too. history and sore calves - it bobs up and down like a caterpillar. WALK HERE: Download your 7-mile walk at Hadrian's Wall It was built along the crest of the epic Whin Sill outcrop and at www.lfto.com/cwroutes

Windy Gyle

High in the big, lonely, spectacular Cheviots, this was Tom Stephenson's favourite part of the Pennine Way. The summit of the Cheviot's most charismatic summit is a place of drama, wildness and probably wind - there's a clue in the name. The mound of stones is Russell's Cairn and dates from the Bronze Age, Post-Middle Ages the Border region was split into three marches, each ruled by a lord

and there were regular meetings between wardens, which sometimes "The summit of degenerated into bloodbaths. Here Lord Francis Russell was murdered in 1585. But never mind all that nonsense. The North Sea is sometimes visible from here, amongst a whole lot more. And Kirk Yetholm is in your reach... WALK HERE: Download your 9-mile walk at Windy Gyle at www.lfto.com/cwroutes CW

the Cheviot's most charismatic summit

