

Manchester, ENG:

UAL eTicket Number: ~~0162339491474~~

~~800-538-2929~~

UAL

Reference Code:

JNGETM

www.checkmytrip (not UAL)

e1ual

UAL Freq. Flyer: 032789600 (20)

FLIGHT INFO: JAC > MAN

SERVICE	DATE	FROM	TO	DEPART	ARRIVE
UA 682	11SEP	JAC	ORD	0751am	1139am

NOTE: Flt Time: 2hr 48min Connect Time: 2 hr 26 min

37D

UA 1620	11SEP	ORD	EWR- Liberty	1405pm	1726pm
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(2:26pm)

Seat: 34F

NOTE: Flt Time: _____ Connect Time: 2 hr 9 min

UA 20	11SEP	EWR	MAN	1935pm	0740am
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(7:35pm) (ARV

9:12)

Seat: 39F

NOTE: Flt Time: _____ TOTAL FLT TIME: 10 hr 10 min

Manchester Airport (MAN) > Carlisle:

ARV MIA @ 7:40am

DPT MIA: 1200 pm ARV CAR: 1410 (2hr 10m) L48

1300 pm ARV CAR: 1506 (2h 6m) L48

First Transpennine Express. TRN

Come out departure gate, look for Station signs (in blue?). UR probably at T2, so should be heading right. a long travelling walkway to negotiate. If you have luggage, take the lift down to the station at the end of the walkway. You can buy your ticket at the Station. Ask platform no. (there are not many). If in doubt, ask someone in uniform or any other travellers. Keep your eyes on the platform signs and ears for announcements.

NITE 1 12/09/2012

CARLISLE: :

ACCM: **Langleigh House:**

Langleigh GH Yvette & Norman, 6 & 14 Howard Place

Carlisle, CA1 1HR

Tel No 01228 409706 Daytime or 01228 530440 Evening

www.langleighhouse.co.uk

CAR > Bowness: TIDES???

Carlisle > Bowness **StageCoach** **BUS:** Options

1) Next day:

DPT CAR BUS > Bowness **DPT: 0620am** **ARV BOW: 0700am**
Or, DPT: 0935am **ARV BOW: 1015am**

START HIKE:

1. (M45) **Bowness-on-Solway > either Boustead (5-6mi) or Burgh ..Sands (7mi)**

TO DO:

(M45) **Bowness-on-Solway:**

Walk about: sea, coastline,

Church's bells

Wall stones in the Norman church walls

(M45) **Port Carlisle**

Lock & port: harbour walls

(M44) **Glasson:** Vallum B4 town

(M43) **Drumburg:**

prior Roman fort

(M43) Drumburgh Castle: heraldic crest & griffins

NITE 2 Thur 13/09/2012

1a. (M42) **Boustead Hill: (5-6mi)** Nothing

ACCM:

Hillside B&B / **BUNK:** L25 / L10

Sandra Rudd, 01228 576 398

ruddshillside1@btinternet.com

Highfield (L38s)

(M42) **Dykesfield** old RR embankment

-- or--

1b. (M41) **Burgh by the Sands (7mi from Bowness)**

SITES:

St. Michael's Church: purloined Wall stones; center of old Rom fort

INSIDE: pagan face; church tower: pele defensive tower

Edward 1st MON

ACCM:

Rosemount: (45s)

2) **Boustead or Burgh > Carlisle** (8mi/7mi respectively > Carlisle)

1. (M40) **Beaumont:** church w/Roman stones, just B4 Vallum,

2. (M40) **Grinsdale**

3. (M39) follow RIV eastward

NITE 3

14/09/2012

(M38) **Carlisle:**

SITES:

Nothing Roman in town

Tullie House MUS,

the Castle (p192): Roman artifact exhibit

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3) Carlisle (M38) > **Newtown** (M33) > **Sandysike** (M32) (9.5-10mi > New~, 12mi Sandy~)

(M37) **Linstock:**

Linstock Castle

Rickerby's towers / turrets

(M36) **Crosby-on-Eden** (5mi from Carlisle)

Church of St. John

(M35) **Nothing IMP** (Blue Bell CampGrnd)

(M34) **Oldwall**

(M33) **Newtown:** (9.5-10mi from Carlisle)

Road > Brampton

ACCM: Ideally, go on to Sandysike BUNK (40min/ 2mi > Sandysikes)

Newtown Farm (L40s)

NITE 4 15/09/2012

(M32) **Sandysike Bunkhouse** p178 (L10 + L6 bedding)

Richard confirms OK at this time, food also

Richard, **Sandysike Farm B&B, Bunkhouse**

Sandysike House, Walton, Brampton, Cumbria CA8 2DU

Tel: 016977 2330 sandysike@talk21.com

6) Sandysike to Gilsland (8 mi) > Greenhead (10 1/2mi)

(M32) **Walton:** former milecastle, Roman abutment

ACCM:

Low Rigg Farm (L35)

Walton High Rigg (L40s)

(M31) **actual wall remnants begin**

wall sections as boundary markers

Snack hut

Lanercost Priory w/wall stones

Hare Hill Hi wall chunk w/'spp' carved

(M30) **Banks:**

Turrent 52, Pike Hill signal tower, Turrent 51, Piper Sike Turrent 51a, Roman quarry, Valuum view

(M29) **Wall Burn:**

Vallum walk (brief), Turrent 49b,

VISIT: Birdoswald Fort (p172): several items

Roman inscription, Milecastle 49, Irthing Bdrge, Roman bdrige abut, Orig Roman Wall

(M28) **Gilsland:**

SITES:

Turrent 48b, Narrow wall EX, Turret 48A, Poltross Burn Milecastle 48, Roman ditch walk,

ACCM:

BB: Samson INN (L40s)

Bush Nook (L45)

?: Willowford Farm (L50)"whacking good bit of Wall"

Gilsland Spa Hotel (L55s)

Brookside Villa (L55s)

Hill on the Wall (L50s) 90 beds

Ideally, go on to

NITE 5 Sun 16/09/2012

(M27) **Greenhead** (p166) (side town > S) pub w/food

SITES:

Roman ditch,

Thirlwood Castle (just past Greenhead intersection)

ACCM:

Greenhead Hostel (YHA) (L15) Sue & Dave 01697 747411

enquiries@greenheadhotelandhostel.co.uk

greenheadhotelandhostel.co.uk

Holmhead Camping Barn w/ **Rental BAGS** (L13 + L4)

bandbhadranswall.com

Greenhead Hotel (L40s)

7) Greenhead (M27) > **Steel Rigg & Once Brewed** (M23) (8 mi) :

(M27) **Carvoran (Magna) area**: Walltown **toilets**, Roman ditch, 13 course Wall, Turret 45a

(M26) **Walltown Craggs**: & Turret 44b, Wall bits, Roman milestone, **E VIEWS**

(M25) **Great Chester's Fort**: altar,

INTERSECTION S > Haltwhistle

(M25) **Haltwhistle** (p160, 160m)(**6.5mi**) (**almost ½ way point**)

Walking to/from: DIRECS: p158:

SITES: BANKs, Bastle houses, Pele tower, execution square, **Roman milecastle entry arch**, **Roman bath**, **Roman latrines**,

ACCM:

Ashcroft (L50s)

Manor House HOT: (L39s)

(M24) **Caw Gap including: Milecastle 42, Turret 1a**

GUD Wall @ map start

(M23) **Steel Rigg: Winshield Craggs**,

SITES:

Wall: well made, Vallum >S; **Greenslack: highest point**;

S @ Steel Rigg > Once Brewed

NITE 6 Sun 17/09/2012

(M23) **Once Brewed** (8mi from Greenhead)

SITES:

Turret ? & Wall bit

ACCM:

YHA Once Brewed Hostel: 12 beds ?, p 152 (L22) **open 2pm & 4pm** (also Pub next door)

Hostelbookers & Hostelworld

YHA: <http://www.yha.org.uk/hostel/once-brewed>

Twice Brewed INN:(L34s)

BUNK: Winshields Farm Campsite:12 beds (L12) **Bag rental -Yes; cost?**

email: winshields-bardonmill@btconnect.com

8) **Once Brewed** (M23) > **Old Repeater STA** (Coesike) (6.5mi)
(Best for time to see forts)

or **Brocolita** (10.5)

or **Green Carts Farm** (M17) (11.75mi)

(M22) **Sycamore Gap (Kostner)**: Milecastle 39, Wall, SG **swastka**, ORIG Wall (just past crags) , Military Way, Milecastle 38

(M22) **Vindolanda Fort (>S)** (p155)

How > access???

(M21) **Housteads Fort BEST FORT: p148:**

SITES: GEN: long Wall Clayton's Wall -- **can be walked on**), x Pennine Way trail, Milecastle 37, (after Housteads) Roman well

ACCM: Beggar Bog Farm (L45s)

(M20) '**Busy Gap**': **W VIEWS**, Wall bit, Wall bits, Sewing Shields Turret 35a, Milecastle 35, **FULL Wall w/ Saxon Crypt**

NITE 6 Mon 18/09/2012

(M19): **Coesike Turret 33b**: Grindon Turret34a: Grindon Milecastle 34, Vallum , Milecastle 33, defensive Roman ditch

ACCM:

Old Repeater STA B&B: 2 bunk rooms (L22P) **6 mi from once brewed**

Hadrian's Lodge Bunkhouse: (L25)

9) **Coesike Turret 33b** (M19) > **Wall (Town of)** (M16) (9.25mi) REMOTE area???

(M18) **Brocolita Roman Fort** (p140): Mithras Temple (p142)

(M17) **Limestone Corner** (whinstones) **Northern most point**

Roman whinstones abandoned in ditch, Turret 29a Black Carts Wal section (good) w/nearby Turret 29a, Milecastle 'shape' in ground,

ACCM: Green Carts Farm: (L40s) **Bunkhouse:** (L22), Camping Barn **Bag rental**

(M16) **Chollerford:** ditch overview,

(M16) **Wall (Town of WALL S of Chollerford: p120)**

ACCM: The Hadrian Hotel (L45s) in Town of

SITES:

BEFORE Chollerford: Chester's Fort: MUS, Roman Baths;

AFTER Chollerford:

1) Brunton Turret (finest), 2) Roman bridge abutment (**phallic symbol**)

10) **Wall (Town of)** (M16) > **Hexam** (M13e-13d & p135m) (9mi)

(M15) **St. Oswald's Hill Head**

SITES: Planetree's culvert (p120)

TURN S/R > Acomb @ large cross @ Heaven Field INTERSECTION

Corbridge - Hexam - Acomb ALT: (ideal on Mondays (p110)

(M13e) **Acomb:** nothing

ACCM: Sun INN: (L45s)

(M13d) **Hexam (p132 - town map) medieval town center**

SITES: banks, trekking shop, supermarket

Hexam Abbey: (p134): memorial stone

Old Gaol:

ACCM: **TIC** * (see p132map)

Queensgate House: (L25)

(Best)West Close House: (L33)

11) Hexam (M13e-13d) > **Wallhouses** (M11) (14¼mi)
(M13c) **Dilston Park**: Duke's House,

(M13b) **Dilston**: Past Dilston: Roman stones

(M13b) **Corbridge**: (p129 - town map)

SITES:

IN Town: St. Andrew: Pele tower, Roman gateway, King's Oven

NW of Town: Old Roman Town: (p130): MUS, granaries, , Fountain, various civilian bldgs,

ACCM:

The Hayes: (L34s)

(M13a) **E Corbridge/Hexam/Acomb ALT INTERSECTION route > HAD's WALL**

First Newcastle view

OPT 1: Roman Dere Street route N to HAD's WALL: Port Gate*

A little bit > S of turnabout

OPT 2: Leazes Lane route N to HAD's WALL: Halton Castle

(M13) **Halton Chester's Roman Fort**

Halton Castle

(M12) **Halton Shields**: quarry in Vallum, **rest stop, fantastic Vallum**

(M11) **Wallhouses/E Wallhouses**: Roman ditch, , more ditch, step dn into ditch,

ACCM:

Matfen High House B&B: (L30)

12) Wallhouses (M11) > **Newcastle** (M3)

(M10) **Harlow Hill**: Roman ditch, **2 lakes on either side (rest stop)**, pig frm,

(M9) **Rudchester Fort**: Roman ditch, faint Vallum, ronsde, Rudchester (un-excavated);

Milecastle Numbers explanation box p112

(M8) **Heddon-on-the-Wall**: **GUD LAST night B4 Newcastle? > New (10mi)**

stones embedded in rd embankment, faint Milecastle 13 platform,

OPTION: Either take shortcut, drop pack and walk to WALL section or walk > Wall section & on to Houghton N Farm

ACCM:

Shortcut > **Houghton N Farm** (hostel-like) (L25)

Rambler's Repose: (L35)

(M7) **Ryton Island**: LAST HAD's WALL signpost, dismantled hst. RR, Wylam waggonway (p106)

(M6) **Newburn / Lemington**:

(M5) **Scotswood**: dismantled RR turned path

(M4) **Paradise / Elswick:** end of RR/pathway, begin riverside walk, Dunstan Coal staithes
William Armstrong - hist industrialist explanation box p100

(M3) **NEWCASTLE** : downtown bridges , St Lawrence

NEWCASTLE:

ACCM:

Euro Hostel

44 845 490 0371

BP Newcastle Hostel 44 191 340 7334

Albatross Hostel

44 191 233

1330

HIKE BALANCE: REVERSE FORMAT: E > West

(M1) **Wallsend:**

SITES:

Secedunum: Wall reconstruction bit,

Wall bit,

Plaques > Hadrianus Augustus

Milepost

(M2) **Byker, & St Anthony's Point**

Just walking back

(M3) **REFERENCE AGAIN**

Newcastle > Edinburgh,

TRN(1 ½hr, 23L): NCL > Wav(EDB) RR STA

BUS (1½hr, 4L)(Airlink 100 BUS *): Wav(EDB) RR STA > EDI

Air: EDI > JAC

UAL eTicket Number: ~~0162339491474~~ ~~800-538-2929~~
UAL Reference Code: JNGETM

www.checkmytrip (not UAL) e1ual UAL Freq. Flyer: 032789600 (20)

FLIGHT INFO: **Edinburgh (EDI) > JAC**

SERVICE	DATE	FROM	TO	DEPART	ARRIVE
UA 109	01OCT	EDI	EWR	1205 pm	1450pm
				(12:05pm)	(2:50pm)
NOTE: Flt Time: N/A Connect Time: 1 hr 44 min					
Seat: 29E					
UA 485	01OCT	EWR	DEN	1634pm	1847pm
				(4:34pm)	(6:47pm)
Seat: 23E					
NOTE: Flt Time: _____ Connect Time: 56Connect Time min					
UA 529	01OCT	DEN	JAC	1943pm	2106pm
				(ARV 9-11)	(7:43pm)
				(5:06pm)	
Seat: 38F					
NOTE: Flt Time: 2hr 10min TOTAL FLT Time: 10 hr 10 min					

ITIN: Traveline: www.traveline.org.uk **may not be useful to use**

Alt #2: TRANS: US > Edinburgh, Scotland:

AIR:

US > Glasgow (GLA) (RT\$1200) or

Airport > TRN???

TRN: Glasgow (GGT) > Carlisle (CAR): <http://www.nationalrail.co.uk/>

Nat'l Rail:

W Coast Main Line: www.westcoast.co.uk

Virgin Trains: www.virgin.com/trains

www.northernrail.org

www.nationalrail.co.uk

www.nationalexpress.com

www.virgintrains.co.uk

www.crosscountrytrains.co.uk

www.tpexpress.co.uk

BUS: AD122: Bryan.Scott@hwhl.co.uk

93 Carlisle > Bowness-on-Solway

TRANS: US > Edinburgh(), Scotland:

AIR:

US > Edinburgh (EDI) (RT\$1100)

US > Newcastle (NCL) (rt \$1200)

TRN: Edinburgh (GGT) > Newcastle (NCL): <http://www.nationalrail.co.uk/>

Nat'l Rail:

E Coast main Line: www.eastcoast.co.uk

Cross Country Trains: www.virgin.com/trains

www.northernrail.org



www.nationalrail.co.uk

www.nationalexpress.com

www.virgintrains.co.uk
www.crosscountrytrains.co.uk
www.tpexpress.co.uk

TRN: Newcastle > Carlisle

Newcastle & Carlisle RW L15

06:47 NCL	08:13 CAR	0	1h 26m	 Buy Tickets
08:24 NCL	09:57 CAR	0	1h 33m	 Buy Tickets
09:26 NCL	10:48 CAR	0	1h 22m	 Buy Tickets
10:22 NCL	11:57 CAR	0	1h 35m	

BUS: Newcastle > Carlisle

Ad122: Carlisle > Bowness on Solway Bryan.Scott@hwhl.co.uk

Route 685 (New~~ > Carlisle) <http://www.travelnortheast.co.uk/downloads/bustimetables/stagecoach/STN685.pdf>

Carlisle > Bowness-on-Solway

Route 93: Carlisle, Port Carlisle, Bowness-on-Solway (Bus Co: Cumberland, WhiteHaven)

Route 71:

Carlisle:

Ideal early morn ARV (GLA) , then > GGT (TRN) > Carlisle > BUS 93> Port Carlisle (Overnight) then Bus 93 > Bowness (early morn & begin hike) Thru 10-3-2011

NOTES:

We caught the train from Newcastle to Carlisle to walk coast to coast along Hadrian,s wall west to east

The three of us caught the bus from Carlisle which dropped us directly outside Hesketh House Bed and Breakfast.

Timing:

when: early (?) Sep, finish B4 Sep end

daylight: 14 hrs, 6am - 8pm

How long:

Hike Inventory:

Rain coat & pants

Shoes

Plastic inner sock protectors
Show gaiters Modified INTO gaiters
Water proof DAYPAK
Mini air horn

HIKE CAUTIONS:

START: Bowness-on-Solway:
Check tides in Solway Marshes sections p192

TO DO/GET:

Gaiters modified to cover boots
Pico Gear mini-lites

Explorer OL43 map, titled "Hadrian's Wall; Haltwhistle & Hexham."
pg34: need map of Newcastle streets to explain pg 37-42 notes

NOTES: "Hadrian's Wall Path" Mark Richards

Passport Scheme: May1st – Oct 31

www.nationaltrail.co.uk/hadrianswall All updated trail info includ PP Scheme booklets

Had. Wall Conservation Corridor www.theromanring.com

TIDES: p192 Check Bowness tides in marshes: looks OK **Essential Companion** for Had's
Wall: 01434 322002; haltwhistle@btconnect.com Safari think it is a bogus site

Ravenglass & Eskdale Railway - Ravenglass

15 inch narrow gauge railway carrying passengers from the old Roman Port of
Ravenglass seven miles along the Eskdale Valley, by steam or diesel engine.

www.ravenglass-railway.co.uk

City Trail booklet from : Guildhall TIC & TIC in Centrail Arcade of Grainger St

Traditional song "The Keel Row"

vocab: coal staithes, pg48 dingle, dene,

Music-hall song "Blaydon Races"

ACCM: p42 B - barn or bunkhouse; H - hostel (3)

**Port Carlisle: BB: Hesketh House (many rules), Hope & Anchor - L35s; (???) camping
barn:**

Carlisle: H (YHA), BB(3)

Wikitravel:

Orientation

Edinburgh's historic centre is bisected by Princes Street Gardens, a broad swathe of parkland in the heart of the city. Southwards of the gardens is the castle, perched on top of an extinct volcanic crag, and flanked by the medieval streets of the Old Town following the Royal Mile along the ridge to the east. To the north of Princes Street Gardens lies Princes Street itself - Edinburgh's main shopping boulevard - and the Georgian period New Town, built after 1766 on a regular grid plan

SITES:

Edinburgh Pass For the budget-conscious and/or avid sightseer, the [22] (<http://www.edinburgh.org/pass/>) is well worth bearing in mind, offering a maximum of £155 worth of entry to 27 of Edinburgh's top attractions, a 90-page guidebook, retail and restaurant offers and discounts. All this, as well as free public transport around the city and airport transfers. A one-day pass costs £29, two days £39, three days £49 (2011 prices). Can be purchased online or at Tourist Information Centres.

Old Town:

Edinburgh Castle, [25] (<http://www.historic-scotland.gov.uk/edinburghcastle>) . home of Edinburgh Tattoo, a magnificently situated royal fortress located on OO highest city points; continuously in use for 1000 years; in excellent condition.

Cannons on the northern defenses of Edinburgh Castle

Abbey and Palace of Holyroodhouse, [26] (<http://www.royal.gov.uk/output/page559.asp>) Palace: royal residence, hosts the Queen's Gallery containing a Royal Collection of art.

St Giles' Cathedral; [27] (<http://www.stgilescathedral.org.uk/>) — historic City Church of Edinburgh; aka High Kirk of Edinburgh taking name from city's patron saint.

Mary King's Close, [28] (<http://www.realmarykingsclose.com/>) — Warriston's Close (opposite St Giles' Cathedral), open daily - a slice of medieval Edinburgh's history, since closed over in 18th C - haunted.

Gladstone's Land, [29] (<http://www.nts.org.uk/web/site/home/visit/places/Property.asp?>) In Lawnmarket at top of Royal Mile; 17th century Old Town tenement (known as a 'Land') decorated with period furniture; impressive painted ceiling.

Greyfriars Kirkyard: A very old graveyard in Old Town off the Southwest corner of George IV Bridge; Disney: home of **Greyfriars Bobby** **GOOG**.

Camera Obscura, [30] (<http://www.camera-obscura.co.uk/>) — Castle Hill: Over 150 years old, the Camera Obscura focuses light from the top of the tower onto a large dish in a dark room below, allowing a 360- degree view of all of Edinburgh! **GOOG**

Scottish Parliament, [31] (<http://www.scottish.parliament.uk/vli/visitingHolyrood/>) , (E end of Royal Mile, opposite Palace of Holyrood House)— unique building designed by Spanish (Catalan) architect Enric Miralles. get necessary(free) tickets to watch the Parliament in session from Public Gallery.

Scott Monument, E Princes Street Gardens, New Town, 1846, to commemorate Sir Walter Scott life after his 1832 death, 200 ft Gothic spire -- climb above city centre for fantastic views. £3. edit

Royal Yacht Britannia, Ocean Terminal, Leith, Jan-Mar, Nov-Dec 10AM-5PM, Apr-Jun, Sep-Oct 10AM- 5:30PM, Jul 9:30AM-5:30PM, Aug 9:30AM-6PM last entry 1.5 hrs before closing, closed 1 Jan and 25 Dec, £10, seniors £8.75, child 5-17 yrs and students with ID £8.75, children under 5 free - OO Edinburgh's best new attractions, royal apartments & worldwide dignitaries gifts.

Edinburgh Zoo , West, [33] (<http://www.edinburghzoo.org.uk/>) . Watch the world famous Penguin Parade.

Rosslyn Chapel , South, Take bus number 15 to see this chapel, featured in "The Da Vinci Code" novel and film.

Museum and galleries

Museum of Scotland [34] (<http://www.nms.ac.uk/scotland/>) and **Royal Museum** [35] (<http://www.nms.ac.uk/royal/>) , Chambers St, Old Town tel 0131 247 4422. fax 0131 220 4819. typetalk 18001 0131 247 4422. email info@nms.ac.uk.

mixes innovative modern architecture w/ best of Scotland's heritage; magnificent airy Victorian atrium now with the **Millennium Clock** at one end - arrange to be there when it is chiming; Scottish pottery & Roman weapons & Renaissance. M-Sa 10AM-5PM with extended opening to 8PM on Tuesdays, and Su noon-5PM. Free.

Fruitmarket Gallery, 45 Market St, behind the Edinburgh Waverley Rail Station, Old Town [38] (<http://www.fruitmarket.co.uk/>) . Aims to find the most appropriate way to bring artists and audiences together. It is a not-for-profit organization and a registered charity. M-Sa 11AM-6PM, Su noon-5PM. Free.

There are a number of independent galleries in the **St Stephen Street** area of Stockbridge

Do

Refer to the district articles for listings.

Walk along **Water of Leith**, small river meandering through Edinburgh, peaceful haven from busy city.

Check out the Leith or Stockbridge and Canonmills sections of the route.

Arthur's Seat. extinct volcano to E of city centre = fantastic views from summit -

OLD, probably unusable

2a) Glasgow: (2a-68L; 2b-50L) NO! Cuz 2 changes including a BUS just from airport > Glasgow, then the TRN > CAR

AIR: JAC > GLA **1 ¼ D**, TRN > Carlisle, BUS (**Send LUG > NC**) > Bowness (Luggage: Carlisle > Newcastle) THEN

Hike > Newcastle, **TRN > Edinburg, Air: EDI > JAC**

2b) AIR: JAC > GLA **1 ¼ D**, TRN > Carlisle, BUS (Send LUG > NC) > Bowness (Luggage: Carlisle > Newcastle) THEN

Hike > Newcastle, **TRN > London, Air: LHR > JAC**

3a) AIR: JAC > LHR **1 ¼ D**, TRN: LHR > TRN STA (**1/2hr**), KC TRN STA> Newcastle (**3hr**)(LV LUG), BUS > Carlisle (1/2hr), BUS > Bowness 1/2hr) THEN

Hike > Newcastle, **TRN > Einburgh, Air: EDI > JAC**

3b) AIR: JAC > LHR **1 ¼ D**, TRN: LHR > TRN STA (**1/2hr**), KC TRN STA> Carlisle (Send LUG), BUS > Bowness (½hr) THEN

Hike > Newcastle, **TRN > London, Air: LHR > JAC**

3c) AIR: JAC > LHR **1 ¼ D**, TRN > Carlisle (Send LUG), BUS > Bowness THEN

Hike > Newcastle, **TRN to Edinburgh, Air: EDI > JAC**

3d) AIR: JAC > LHR **1 ¼ D**, TRN > Carlisle (Send LUG), BUS > Bowness THEN

Hike > Newcastle, **TRN to London, Air: LHR > JAC**

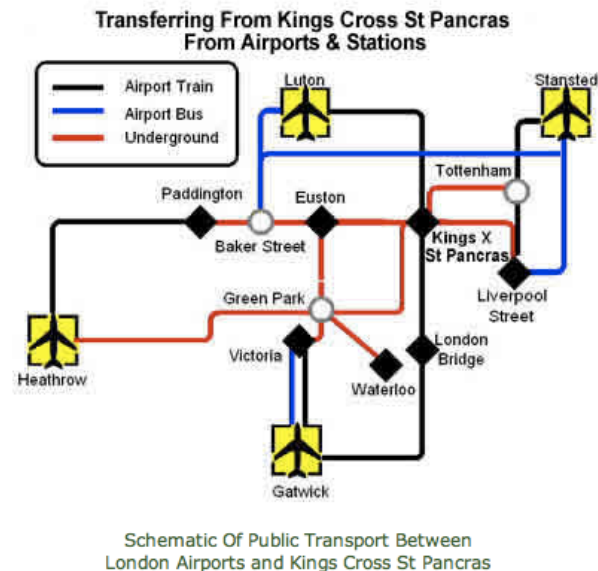
Alt #1: TRANS: US > London, ENG:

AIR:

US > London (, Heathrow or GLA) () or (ARV next day) \$1050/ \$660L

Airport > King's Cross & St Pancras TUBE station (shared w/ Lon. King's Xing RR STA)

Via Hearthrow Express Airport TRN \$19L / (15min)



London King's Crossing RR STA: S terminus of [East Coast Main Line](#): Newcastle. \$64L / 8am (3hr) // \$138L/8:30am(3hr)// \$100L / 10:19am (1 ½hr)

Approx. Total: JAC to Newcastle: \$1182 / \$745L + London OVN

Training Walks:

NOTE: pak weighs 2.6 #, 1 6Pak soda + 6#8-21 N-S <3mi

52 min 35 sec

8-22 S-N <3mi 48 min 35 sec w/ 2 Schweppes paks

8-26 N-S

50 min

after 5 hr of hard labor on 330

concrete

cracks

8-28 S-N 1st lap 52 min 30 sec w/ 2 Schweppes paks/ no poles

N-S 2nd lap 53 min 30 sec

10-3 N-S 50 min 35 sec w/ pole , but no poles

AIR: JAC > EDI,

1) BUS ($\frac{1}{2}$ hr, 4L)(Airlink 100 BUS *): EDI > Wav(EDB) RR STA

* just outside DOM ARV: Stand 19

2a) TRN (NCL-CAR**) (1 $\frac{1}{2}$ hr, 23L) (LV LUG): Wav(EDB) RR STA > NCL

** Citadel STA

TRN (1 $\frac{1}{2}$ hr, 14L): NCL > CAR:

BUS: (): CAR > Bowness:

Or,

2b) TRN (CAR direct) (1 $\frac{1}{4}$ hr, 19L) (Send LUG \$40): Wav(EDB) RR STA > CAR

BUS: (): CAR > Bowness:

If this route arrange for LUG STOR at NCL hostel