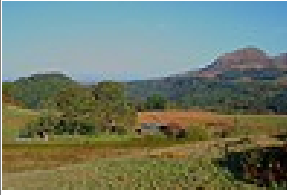
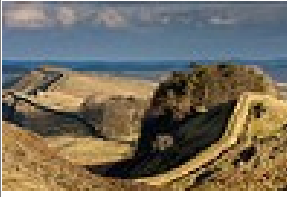







Northern Cross – at a glance

the annual Christian Easter walking pilgrimage to Holy Island – Lindisfarne; description of routes for 2012

	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 per Day	Total Distance
Plus 2 days weekend on Lindisfarne							
	St Ninian's Leg	Starts on west coast at Whithorn, St Ninian's Bay, Newton Steward, Southern Upland Way, Highland Way, towards Lanark, Peebles, Kirk Yetholm, Holy Island	EXTREME It encompasses every type of terrain and the glorious West Highland Way	EXTREME Extreme; No support car. For experienced walkers only; you will do the equivalent of a marathon every day, sleeping sometimes in hostels and sometimes bivouacing out.	9	28 miles average, but may be 22 – 31 mile days	Approx 200 miles
	Carlisle Leg	Starting in Carlisle this leg then goes to Lanercost, Haltwhistle, Wark, Otterburn, Whittingham, Belford & 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 23 miles Haltwhistle to Wark, Wednesday 22 miles Otterburn to Whittingham.	7	17 miles	118 miles
	Lanark Leg	Starting in Lanark southeast of Glasgow then goes to Biggar, Peebles, Selkirk, St.Boswells, Kelso, Etal, 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
	Northumbrian Leg	From Bellingham it goes to Kirkwhelpington, Rothbury, Warkworth, Craster, Seahouses, Fenwick and Holy Island	MODERATE Rolling countryside, forest, rugged hills, open moorland, then follows the River Coquet to Warkworth Castle then walking beaches to Bamburgh	MODERATE Moderate; has an easier combination of short and long days, Longest days Monday 18 miles to Warkworth and Thursday 18 miles to Fenwick	7	13½ miles	94 miles
	St Cuthbert's Leg	From Melrose then Maxton, Jedburgh, Morebattle, Town Yetholm, Kirknewton and St. Cuthbert's Cave (staying in Chatton) Holy Island.	MODERATE Mostly crosscountry through rolling countryside, over some very rugged hills (some high) and then open moorland beyond Wooler, gentler towards the coast.	MODERATE 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.	7	10 miles	70 miles
	Haddington Leg	Starts in Haddington, then Dunbar, Coburnspath, Coldingham, Berwick, 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 birdwatching!	EASY / MODERATE Easy / Moderate; shorter days than the other main groups. Longest day is Tuesday, 14 miles coast path from Coldingham to Berwick.	6	11½ miles	70 miles
	Family Leg	Based in the Hostel at Seahouses, 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.