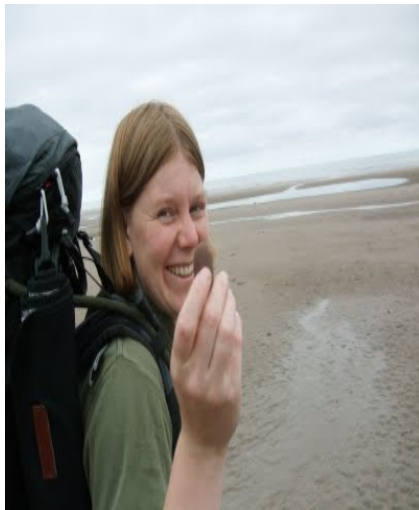


Our Coast to Coast Walk raised a total of £473 for Mesothelioma UK Charitable Trust. Most people ticked the 'gift aid' box and so this should raise an extra £130. People have certainly been generous and we would like to thank all our sponsors for their kindness and generosity in supporting us.

Our hope is the money raised will go towards easing the suffering of others with this disease and towards research to find a cure.



A trial run - weekend in Malham: After arriving early Saturday afternoon, we decided to put the tent up before doing our first walk. Our plan was to use these walks to see how manageable our rucksacks were. On Sunday our rucksacks were going to be even more packed with the tent.



1<sup>st</sup> day - St Bee's to Ennerdale - After getting up at 5.30am and using the pocket rocket to heat up our army ration breakfast, we got our tent down. Frustratingly - just like in our practice weekend it took us a long time to pack and get ready. We finally set off at 8.30am. Once down to the beach we went through the coast to coast traditions of picking up a pebble to take with us on our journey and dipping our feet in the Irish Sea.



Day 3 - Honnister Hut to Grasmere - We chose the low route.



Day 5 - Patterdale to Shap - We went through woodland and here Caroline's feet were really beginning to hurt. We met a man walking his dog, 'Shadow' he told us to put away our maps and follow him for the next few miles as he walked his dog. One of the great things about the coast to coast walk is the number of helpful and supportive people you meet. He told us he had started the walk a few years ago but had to stop on his second day after injury. He guided us to the edge of Shap. Once we got to Shap we decided that the next day will be a rest day so that we could recover from the Lakes.



Day 6 - Rest Day - The campsite was just right for relaxing, it was in a small garden at the back of a B& B. The owners had free range chickens which were a constant source of amusement throughout the day. They also left an egg outside the tent. We spent the day resting and went into Shap where we sat at a pub - the Greyhound sampling the various real ales they had.



Day 8 - Kirkby Stephen to Keld - Because of erosion there are three routes around the nine standards, each one is used at a different time of the year. We followed the blue route, at points the path had almost disappeared completely. Eventually we got to Ravenseat farm where it began to rain. However we were in for a brilliant treat, freshly made cream teas for £2. The lady who made them was really friendly and told us we had just another hour to go to get to Keld. The cream teas were so good we found the last hour of the walk flew by despite the rain coming in. At the end of this day we were now half way and had done 95 miles.



Day 9 - Keld to Reeth - After it had rained all night we were relieved to find that our tent held out. Before we set off I phoned ahead to check that the campsite at Reeth had spaces, it didn't. We knew that there was a youth hostel near Reeth and decided that might be our best option.



DAY 10 Reeth to Applegarth- This day was a nice short one, at two o'clock we reached Applegarth scar and before we knew it we were at the campsite. On reflection we should have continued and got to the other side of Richmond. While we were putting our tent up we heard a shout from the footpath, it was the Aussies, they were making their way into Richmond where they were going to have a rest day so this was going to be the last time we saw them. We shook hands and wished each other well.



Day 11 - Applegarth to DanbyWiske - We set off at 8.30am and got to the centre of Richmond at about 10.00am. Here we found a bakery where we picked up two sandwiches for lunch and two iced buns. We then walked through the town which was familiar to us both because we did the 10k here last year and during our move back north Caroline had stayed for 3 weeks in a B&B here. Once we left Richmond we passed through woodland near Colburn.



Day 15 - Grosmont to Robin Hoods Bay - The final day. We got to the train station by 10.00am and were able to see two of the steam trains. We saw 'Sir Nigel Gresly' and the Southern train number 825, both were fantastic pieces of engineering. We then set off and were caught totally by surprise. The climb out of Grosmont was far steeper than we had expected. It took us back to the moors and gave us a view of the sea and Whitby Abbey. We finally got to the village, as we walked down to the front we saw other coasters sat outside the pub. They were cheering encouragement, holiday makers didn't have a clue what was going on as we hobbled past and put our feet into the sea. We then threw our pebbles which we had carried since St. Bees into the sea....before having a well deserved pint.