



THE WALKING HOLIDAY COMPANY

# ITINERARY

**PENC7: 7 nights / 6 walking days**

**central section**

**Arrival Day** - in Horton in Ribblesdale - overnight accommodation booked

**Walk Day 1:** Horton in Ribblesdale to Hawes

14 miles / 22.5km

**Walk Day 2:** Hawes to Tan Hill

16.5 miles / 27km

**Walk Day 3:** Tan Hill to Middleton-in-Teesdale

17 miles / 28km

**Walk Day 4:** Middleton-in-Teesdale to Dufton

20 miles / 32km

**Walk Day 5:** Dufton to Alston

20 miles / 32km

**Walk Day 6:** Alston to Greenhead

16.5 miles / 27km

**Departure Day** - Depart after breakfast