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Things to Know Before You Go!

The Cotswold Way is a beautiful, peaceful hiking trail through farmland, fields, woodland, and picturesque villages. You'll see hundreds of sheep, goats, cows, and beautiful wildlife, foliage, and wildflowers. You are actually walking *through* farmland so at times you will be walking right next to a herd of cows or a baby lamb and it's mama. You will see gorgeous, haunting stone churches and idyllic golden limestone cottages with immaculate gardens. There is no better way to connect with nature and enjoy the magic of the Cotswolds. The trail is **102 miles**, which is no easy trek! At the end of our journey, we had actually hiked 123.4 miles over those 10 days. The additional mileage was due to wandering the villages once we arrived, exploring a bit along the trail, getting to a few hotels slightly off the trail, and at times, getting a tiny bit lost. Luckily, the trail is marked well and we never felt truly lost. The [AllTrails+ app](#) and the offline maps will be your saving grace. The downloadable Cotswold Way trail on the app is extremely detailed and makes it nearly impossible to get lost as long as your phone doesn't die! Seriously though, you *need* to bring a [power bank](#) to charge your phone along the way, because the AllTrails Cotswold Way offline map is a *necessity* at all times.

Most people take between 7-12 days to hike the trail. It really depends on how far you're willing to hike per day. Of course, it would be ideal to hike exactly 10 miles a day and hike the trail in 10 days. However, because of the distance between the small towns and hotels, you will end up with some days being shorter than others. Our shortest day was 5.6 miles, and our longest was 15.8 miles. I recommend reading through the guide and deciding if there are any distances you're willing to combine if you'd like to make your hike shorter.

There are certain times of the year that are more rainy and wet than others. We chose to hike in **May**, which is known to be one of the drier times of the year, and also has stunning wildflowers in bloom all along the trail. We also got extremely lucky with the weather and only experienced one rainstorm, and otherwise had beautiful sunny days with temperatures between 60 and 75 degrees Fahrenheit. When it did rain though, the trails can be a bit slippery. I highly recommend bringing two pairs of shoes with good grip - a pair of hiking boots and a pair of comfortable, lightweight tennis/walking shoes. Make sure to break in your shoes at home before your hike!

In terms of training before your hike, we were probably a bit unprepared in this regard. While we are decently fit, we had never been on a hike over 8 miles before this trip. We hiked a handful of 5-8 mile trails a few weeks before our hike but we definitely could have put in a bit more work. In a way, we went into this experience not really knowing if we were going to be able to finish it! But you'd be surprised what your body gets used to, and how quickly. After the first two or three days, our bodies began to adjust and you just keep going, going, going! We saw others along the trail that were anywhere from 20-65 years old. While the Cotswold Way is known as one of the easier long-distance hikes in the world, I promise you it is not a walk in the park (no pun intended)! There were *many* more steep inclines than we anticipated and parts of the trail that were a bit treacherous due to slippery rocks and mud. And yes, you will be walking through *lots* of farm animal poop! On many of the days, there is no access to a bathroom over the course of the day, so either you hold it, or you hide in the woods! We did not anticipate this part either!

Water is extremely important, especially on sunny days. Even though the temperature may only get up to 75 degrees, it can be surprisingly hot in those open fields and you will sweat more than you expect. **[Electrolyte tablets](#)** saved us, especially when our muscles started to feel weak or we started to feel a little lightheaded. Bring lots of granola bars, nuts, and other high protein snacks. A **[lightweight water bottle](#)** is also a good idea!

I would also *highly* recommend using carryabag.co.uk to transport your bags from one hotel to the next. Their website makes it extremely easy to book your entire journey. You just ask your hotel where and when to leave your bag each morning for the Carry-a-Bag team to pick it up. They will transport it for you to your next destination. This was a huge lifesaver for us, because we had planned on hiking the entire way with our 20-25 pound packs. We would *not* have survived carrying those heavy bags over those enormous hillsides we met along the trail. We did end up carrying our backpacks on a few of the short days, just to challenge ourselves and save a few dollars. Those days were surprisingly just as difficult as the long days without the backpacks!

Another tip: make sure to get started early each morning! Many of the hotels close their reception and their restaurants around 8 pm each night. You'll want to make sure to get there well before then to check in to your room and eat dinner. In most cases, there aren't really any other dinner options in the area. The towns you will hike to are surprisingly small and quiet. You also probably don't want to be hiking in the dark!

Many of the hotels we stayed in were quite old and historic, with busy pubs in the lower portion of the building. These pubs are frequented by a lot of locals, mostly because there's really nowhere else to go grab a beer in town! It's part of the fun to stay in the inns because you will truly be immersed in the culture and experience what it's like to be a local there. Everyone we met was very friendly and welcoming.

After all was said and done, my husband, Chris, and I both agreed it was one of our favorite trips to date. We got to fully experience the Cotswolds in a way that was authentic, unique and memorable. When you're walking, you get to fully take in your environment without being rushed or in a hurry to see the next thing. We left feeling rejuvenated, in touch with nature, and definitely a lot stronger! The mental benefit may be even better than the physical one, because once you hike 102 miles, you believe you can do just about anything!

I'm more than happy to share more tips if you need them. Feel free to reach out through my website, myleskatherine.com!

Happy Trails to You!

London Recommendations



If you're starting out in London like we did, here are a few recommendations!

BUDGET HOTELS:

[Montcalm Piccadilly Townhouse, London West End](#) - 4 star

[Athena Hotel](#) - 3 star

LUXURY HOTELS:

[Hazlitt's Hotel](#) - 4-star

[The Resident Soho](#) - 4-star

[The Soho Hotel, Finsbury](#) - 5-star

THINGS TO DO & SEE:

[Big Ben](#)

[Westminster abbey](#)

[Buckingham Palace](#)

[Trafalger square](#)

[Tower bridge](#)

[Tower of London](#)

[London Eye](#)

[The Beatles crosswalk & gift shop](#)

RECOMMENDED LONDON TOURS:

[Harry Potter Warner Bros. Tour](#) - One of the highlights of our trip! You can check out my [full blog post](#) about this tour [here!](#)

[Ghost Ghouls & Gallows Boat Tour](#) - A great way to incorporate a boat ride *and* spooky historical stories about London. Check out my full blog post about this tour [here!](#)

[Westminster Abbey, Big Ben, Buckingham Guided Tour of London](#)

[River Cruise on the Thames](#)

RESTAURANTS:

[Dishoom](#) - Indian - Multiple locations - A great spot for breakfast, the chai tea and bacon naan roll are delish!

[The German Gymnasium](#) - Amazing food and drinks!

[The Golden Union Fish & Chips](#) - Soho - Delicious and affordable fish & chips!

[Caffe Concerto](#) - Piccadilly - Great for breakfast, lunch, tea & desserts

[Chestnut Bakery](#) - Piccadilly - Great coffee, sandwiches, and baked goods

BARS:

[Cahoots Speakeasy](#) - Soho - Make a reservation ahead of time

[Black Parrot Bar](#) - Amazing cocktail bar with a specialty in rum

[City of London Distillery](#) - If you like gin, this is the place to go!

ART MUSEUMS:

[Tate Modern](#) - Free for the main exhibitions

[National Gallery](#) - Houses Van Gogh's famous "Sunflowers" painting

[The NOW Building at Outernet](#) - Wraparound screens & interactive art space

[The Photographer's Gallery](#) - Soho

[House of MinaLima](#) - Graphic designers for Harry Potter

[The Courtauld Gallery](#) - Monet, Van Gogh, Degas

[Hunterian Museum](#) - Oddities museum

[Sir John Soane's Museum](#) - Bizarre museum

[Twining's Tea Museum](#)

SHOPPING:

Soho District

Camden Market - Food, vendors, tons of things to do!

COFFEE:

Hideaway Coffee

Flat White

Sacred Grounds

Archetype Coffee

Colonna & Small's

London to Chipping Campden to Broadway



(Chipping Campden)

Day One of Hike

Take a morning train from *London Paddington Station* to *Moreton-in-Marsh Station*. You can also take the train to *Stratford-upon-Avon* and then take a bus from there if you'd prefer. We took a 10:53am train with arrival at 12:22pm, but I'd recommend taking an earlier train to have more time to hike to Broadway. We booked our train tickets to and from London directly with the *GWR* (Great Western Railway) website. Buy the "Two together" rail pass if you're hiking with someone to save money - [GWR.com](https://www.gwr.com). Or you can book through [OMIO](https://www.omio.com) and use the code `OMIONEW25` for 10% off for new customers. Their app is super easy to use and keeps all your tickets in one place if you're traveling amongst multiple countries in Europe.

Take the Robin bus from the town of Moreton-in-Marsh to the town of

Chipping Campden where you will begin the hike. There's an app called **The Robin** that you can use to track the bus and buy tickets, but it was not working for us. We got lucky and there was a Stagecoach bus (the local standard bus) waiting at the bus stop right outside the train station and we hopped on and bought a ticket to Chipping Campden from the bus driver. It was about a 40-45 minute bus ride and we were dropped off right next to the starting point for the **Cotswold Way trail**. I believe the Stagecoach buses run every 2 hours and might not run as often on Sundays, so keep that in mind!

HIKER'S TIP:

If you decide to stay a night in Chipping Campden before beginning the hike, I'd recommend the [*Cotswold House Hotel*](#) or [*The Bantam Tea Rooms & Guest House!*](#)

[Hike from Chipping Campden to Broadway - 6 miles/11km](#)

LUNCH:

- [*Bantam Tea Rooms*](#) - Incredible lunch, beautiful restaurant that starts your journey out with a classic Cotswold feel. Make sure to try a scone with local jam!

(Dover's Hill)



HIGHLIGHTS OF DAY ONE:

- Chipping Camden's picturesque limestone buildings and streets
- Stunning farmland and expansive views from Dover's Hill
- Lots of sheep and gorgeous green fields
- Broadway Tower - a castle-like folly tower that has served as a hunting lodge and retreat for artists and writers

There is one major section of the trail for this day:

Chipping Campden to Broadway: 6 miles

567 feet (173 metres) of ascent and 790 feet (241 metres) of descent

HOTEL RECOMMENDATIONS:

- [*Crown & Trumpet Inn*](#) (where we stayed - budget option) - 3-star - **Check-in:**
1:30-8:00 pm
- [*The Broadway Hotel*](#) - 3-star
- [*The Lygon Arms*](#) - 4-star
- [*Abbots Grange Manor*](#) - 5-star

RESTAURANTS:

- [*Crown & Trumpet Inn*](#) - Dinner and the bar close at 8pm so make sure to get there early!
- [*The Swan*](#) - Delicious food and drinks, just around the corner from the Crown & Trumpet Inn. It's also open later than the Crown and Trumpet Inn for dinner.

Broadway to Winchcombe



(Broadway)

Day Two of Hike - 11.9 miles

CHECK-OUT:

10:30 am

BREAKFAST:

- [*No. 32*](#)
- [*Broadway Deli*](#)
- [*The Lygon Arms*](#)



(Stanway House)

HIGHLIGHTS OF DAY TWO:

- Stanton - a lovely little village with gorgeous cottages and gardens
- Stanway House - Jacobean manor and the highest gravity fed fountain in Europe - it is not always open to visitors, and was unfortunately closed the day we hiked by
- St. Peter's Church - gorgeous, next to the Stanway House
- Hailes Abbey & Church - The church was open on the day we visited and it was worth stepping inside for a few minutes! The Abbey was closed but we caught a glimpse of it once we hopped back on the trail after visiting the church
- Stunning views, beautiful Cotswolds houses
- Sudeley Castle (in the town of Winchcombe, if you have time to visit or arrive early to Winchcombe, it's beautiful!

LUNCH:

[The Mount Inn](#) - In the town of Stanton - No other options really but it has an incredible view and delicious food!

There are two major sections of the trail for this day:

Broadway to Wood Stanway – 6.5 miles (10.5 Km)

813 feet (248 metres) of ascent and 715 feet (218 metres) of descent

Wood Stanway to Winchcombe – 5.4 miles (8.8 Km)

564 feet (172 metres) of ascent and 679 feet (207 metres) of descent

HOTEL RECOMMENDATIONS:

- [*The White Hart Inn*](#) (where we stayed)- 2-star - Better than we expected! **Check-in:** 3:00 pm
- [*The Lion Inn*](#) (very limited hotels in this area - book EARLY)
- There is actually a campsite that is close to Hailes Abbey & Church called [*Hayles Fruit Farm*](#) if you prefer not to hike as far as Winchcombe

DINNER:

- [*The White Hart Inn*](#)
- [*The Lion Inn*](#)

Winchcombe to Cleevehill



(Winchcombe)

Day Three of Hike - 5.6 miles

CHECK-OUT:

10:00 am

BREAKFAST:

- *The Topsy Egg*
- *The White Hart Inn*
- *The Greasiest Spoon Cafe*
- *William's of Winchcombe*



(Belas Knap)

HIGHLIGHTS OF DAY THREE:

- Sudeley Castle - In case you didn't have time to visit the day before - One of my regrets of the trip was not making time to visit this castle. It's along the hiking trail on your way out of Winchcombe
- Belas Knap - ancient burial mound from around 3000 BC
- Golf Club House at Cleeve Hill
- Stunning views & sheep on the golf course!

There is one major section of the trail for this day:

Winchcombe to Cleeve Hill – 5.6 miles (9 Km)

1082 feet (330 metres) of ascent and 476 feet (145 metres) of descent



(View from the Rising Sun Hotel)

HOTEL RECOMMENDATIONS:

- [*Rising Sun Hotel by Greene King Inns*](#) (where we stayed) 3- star
- [*Cleeve Hill Hotel*](#) - 4-star

TIP: Very limited hotel options so book EARLY!

CHECK-IN:

2:00 pm

DINNER:

At the hotel - no other options close by, but the view is stunning and you won't want to go anywhere else!

Cleevehill to Birdlip



(Cleeve Hill)

Day Four of Hike - 15.8 miles

CHECK-OUT:

11:00 am

BREAKFAST:

At the hotel - no options close-by



(Lineover Wood)

HIGHLIGHTS OF DAY FOUR:

- Cleeve Hill - the highest part of the entire trail with lovely views over Cheltenham!
- Bill Smylie's butterfly reserve
- Lineover Wood – woodland, known for its ancient, rare trees
- Charlton Kings Common - gorgeous views over Cheltenham and across to the Malvern Hills
- Leckhampton Hill – marks the 1/3 distance on the Cotswold Way - look out for a rock pillar known as the Devil's Chimney.
- Crickley Hill Country Park - excellent viewpoints
- Barrow Wake - lovely views and woodland trails, before emerging in Birdlip

LUNCH: StarBistro - You'll see it as you leave the Leckhampton Hill area. Even if the bistro kitchen isn't open, there are drinks and snacks available for purchase, as well as restrooms.

The Gagan - This restaurant wasn't open yet when we were on our hike, but it would be a great spot to stop for lunch!

There are three major sections of the trail for this day:

Cleeve Hill to Dowdeswell – 5.5 miles (8.9 Km)

325 feet (99 metres) of ascent and 604 feet (249 metres) of descent

Dowdeswell to Leckhampton Hill – 4.7 miles (7.6 Km)

902 feet (275 metres) of ascent and 344 feet (105 metres) of descent

Leckhampton Hill to Birdlip – 5.6 miles (9 Km)

Ascend and descend almost the same amount on this section – around 425 feet (130 metres).

HOTEL RECOMMENDATIONS:

- [*The Royal George Birdlip by Greene King Inns*](#) (where we stayed) -**Check-in:** 3:00 pm
- [*George Hotel*](#) - Cheltenham - (3 miles off trail)
- [*Big Skies Cotswold Glamping*](#) - about halfway through the hike for the day - would be a great place to stay if you didn't want to hike the full distance this day

TIP: Limited hotel options in this area, book EARLY

DINNER:

- [*The Royal George Birdlip by Greene King Inns*](#)
- [*The Golden Heart Inn*](#)

Birdlip to Painswick



(Birdlip)

Day Five of Hike - 8.6 miles

CHECK-OUT:

11:00 am

BREAKFAST:

Recommend to have it the hotel



(View from Cooper's Hill)

HIGHLIGHTS OF DAY FIVE:

- Beautiful woodland trails with flowers in the spring
- Cooper's Hill - famous for the annual cheese-rolling event
- Painswick Beacon - Golf course, Iron Age hill fort can be clearly seen
- [Rococo Garden](#) - on your way into town, stop by if you have time!
- Picturesque town of Painswick, the halfway point of the Cotswold Way!

There is one major section of the trail for this day:

Birdlip to Painswick – 8.6 miles (13.9 Km)

590 feet (180 metres) of ascent and 1066 feet (325 metres) of descent.

HIKER'S TIP:

I'd highly recommend considering staying in Painswick for two nights. It's a beautiful town to let your feet recover and it has more food options than some of the other towns. There is a stunning church in the center of town with beautiful rounded trees and winding pathways.

HOTEL RECOMMENDATIONS:

- [*St. Michael's Restaurant and Rooms*](#) (where we stayed) - 4-star- **Check-in:** 3:00 pm - 7:00 pm - You can book directly through their website. We stayed in the Indian room which had a beautiful view of the church in the center of town. This hotel is owned by a couple who also run the restaurant. This is more of a unique experience, similar to an Airbnb. If you'd prefer a more traditional hotel, I'd go with one of the options below.
- [*The Falcon Inn*](#) - 4-star
- [*The Painswick Hotel*](#) - 4-star

DINNER:

- [*St. Michael's Restaurant*](#): I recommend making a reservation in advance
- [*The Falcon Inn*](#): We peeked inside and it looked lovely and a great place for a drink as well
- [*The Painswick Hotel*](#) - more elegant dining experience
- [*The Royal Oak Painswick*](#) - Pub atmosphere

Painswick to Stonehouse



(Churchyard - St. Mary's Church, Painswick)

Day Six of Hike - 9.5 miles

CHECK-OUT:

11:00 am

BREAKFAST:

- *Juniper* - delicious coffee and baked goods
- *St. Michael's Bistro*
- *The Falcon Inn*



HIGHLIGHTS OF DAY SIX:

- Edge Common - an open area of grassland with views back over Painswick
- Haresfield Beacon - beautiful views
- Standish Woods - woodland trails with beautiful displays of bluebell and wood anemone in the spring
- At the [Stroudwater Navigation](#), apparently there is a choice of routes. One option is to take the route alongside the canal and up over Selsley Common, and the other is to head through King's Stanley. We just followed the AllTrails app towards King's Stanley and then diverged off the trail to go to our hotel in Stonehouse
- St. Cyr's Church & Cemetery - behind the Stonehouse Court Hotel

HIKER'S TIP: We did not pass any lunch options on this day so make sure to bring lots of snacks and water with you!

There is one major section of the trail for this day:

Painswick to King's Stanley – 7.8 miles (12.6 Km)

1033 feet (315 metres) of ascent and 1082 feet (330 metres) of descent

HOTEL RECOMMENDATIONS:

- [*Stonehouse Court Hotel*](#) (where we stayed) - about 1 mile off the trail - **Check-in:** 3:00 pm - This was one of my favorite hotels of the whole trail. It was stunning and the food at the restaurant was incredible. There is a beautiful and haunting stone building near the river behind the hotel, don't miss it!

TIP: Limited hotel options in this area, book EARLY!

DINNER:

- [*Stonehouse Court Hotel*](#) - incredible meal, lovely atmosphere!

Stonehouse to Wotton-Under-Edge



(Stonehouse Court Hotel)

Day Seven of Hike - 14.5 miles

CHECK-OUT:

11 am

BREAKFAST:

At the hotel



HIGHLIGHTS OF DAY SEVEN:

- Lovely flat morning walk along the Stroudwater canal
- [Coaley Peak](#) – a picnic area with gorgeous views
- Cam Long Down- A steep climb but worth the 360° views
- Dursley - small, active town, perfect for lunch
- Stinchcombe Hill - Two options - a long trail around the perimeter of the hill for the best views, or a shortcut across the neck of the hill from the golf club. We took the shortcut because our hike that day was already so long and we an extra mile in the morning from the Stonehouse Court Hotel.
- [Tyndale Monument](#) - steep climb but more stunning views!
- Wotton Hill - A walled enclosure of trees planted in 1815 to commemorate the Battle of Waterloo

There are two major sections of the trail for this day:

King's Stanley to Dursley – 7.2 miles (11.6 Km)

771 feet (235 metres) of ascent and 951 feet (290 metres) of descent

LUNCH:

[Gravity Fish and Chips](#) - In the town of Dursley

The Black Horse Inn - North Nibley.

Dursley to Wotton-Under-Edge – 7.3 miles (11.8 Km); shortcut 4.8 miles (7.8 Km)
Ascent 835 feet (260 metres), descent 836 feet (255 metres).

HOTEL RECOMMENDATIONS:

- *Swan Hotel* (where we stayed) - **Check-in:** 3:00 pm - If arriving after 9pm, contact the hotel directly beforehand

TIP: No other hotel options in this area, book EARLY!

DINNER:

- *Swan Hotel* - pub atmosphere
- *Star Inn* - affordable food & loved by locals
- *The Falcon Steakhouse* - popular and consistently rated the best in the area

Wotton-Under-Edge to Gormarton



Day Eight of Hike - 15.1 miles

CHECK-OUT: - by 11:00

BREAKFAST:

- Swan Hotel - (includes a light breakfast)
- The Edge - great coffee and delicious cookies
- The Ark - coffee and baked goods



HIGHLIGHTS OF DAY EIGHT:

- St. Mary the Virgin Church & beautiful cemetery on the way out of Wotton-Under-Edge
- A lovely walk along a trickling stream
- [Newark Park](#)
- Quiet village of Alderley - lovely houses, sunken woodland trail
- Somerset Monument - before the town of Hawkesbury Upton where I recommend stopping for lunch at The Beaufort Arms
- Horton Court and Horton Fort - possibly the oldest vicarage in England
- Horton Court Folly - a cute, castle-like structure, great for photos
- Stunning fields of yellow buttercups in the spring
- St. Adeline's Church
- Old Sodbury & St. John the Baptist's Church & Cemetery - Beautiful sunset views and fields of horses
- Dodington Park - sheep and views

There are two major sections of the trail for this day:

Wotton-Under-Edge to Hawkesbury Upton – 7.4 miles (11.9 Km)

This section has 984 feet (300 metres) of ascent and 623 feet (190 metres) of descent.

LUNCH:

[The Beaufort Arms](#) - Hawkesbury Upton

Hawkesbury Upton to Tormarton – 7.7 miles (12.4 Km)

476 feet (145 metres) of ascent and 590 feet (180 metres) of descent

HOTEL RECOMMENDATIONS:

- [Best Western Compass Inn](#) (where we stayed) 3-star - **Check-in:** 2:00 pm - Dinner at the hotel was quite delicious and there weren't any other restaurants close-by without getting an Uber.

- [The Dog Inn](#) - 3-star - Old Sodbury

TIP: Limited hotel options, book EARLY!



Tormarton to Cold Ashton

Day Nine of Hike - 6.6 miles

CHECK-OUT:

10:00 am

BREAKFAST:

At the hotel - was just okay but it was better than nothing!



HIGHLIGHTS OF DAY NINE:

- Small town of Tormarton
- [Dyrham Park](#) – William and Mary mansion popular for a deer park (but there is an admission cost) and teahouse where I recommend stopping for an early lunch
- Dyrham Woods
- Village of Cold Ashton
- Holy Trinity Church & Cemetery

There is one major section of the trail for this day:

Tormarton to Cold Ashton – 6.6 miles (10.6 Km)

There are 558 feet (170 metres) of ascent and 410 feet (125 metres) of descent on this section.

HOTEL RECOMMENDATIONS:

- [Toghill House Farm](#) (where we stayed) - **Check-in:** 3:30 pm - There isn't really anywhere else to stay around this location and it's quite difficult to get to. Make sure to follow the walking directions the hotel will send to you. Free homemade English breakfast included! This is a stunning bed & breakfast and another one of our favorites from the hike.

LUNCH/DINNER:

[Lilliput Farm Kitchen](#)- The Toghill House Farm hotel does not have or supply dinner, so this is the only option in the area unless you want to take an Uber. Make sure to get there before they stop serving lunch because they do not have dinner service. They make local, farm fresh food and it's delicious!

HIKER'S TIP:

You could potentially combine these last two days into one hiking day, making it 16.8 miles. You would just skip Toghill House Farm and head straight to Bath!

Cold Ashton to Bath!



Day Ten of Hike - 10.2 miles

10.2 miles

CHECK-OUT:

10:30 am - breakfast included



HIGHLIGHTS OF DAY TEN:

- Site of the bloody civil war battle of Lansdown
- Field of sculptures by David Michael Mores at Lansdown Golf Club
- Bath Racecourse & Lansdown Golf Course - beautiful views
- Kelston Round Hill - look for a group of trees planted on the top of a rounded hill!
- Prospect Stile (now a kissing gate) - you'll catch your first views of Bath in the valley below!
- Weston - the trail becomes more urban as you reach the end
- [Bath Abbey](#) - a carved stone disc can be found in the pavement outside the front of the abbey marks the end of the Cotswold Way!!!

There is one major section of the trail for this day:

Cold Ashton to Bath – 10.2 miles (16.5 Km)

Descends 1312 feet (400 metres) and only ascends 738 feet (225 metres)!

LUNCH:

[Cafe 25](#) - popped in for a quick drink and snack before the last two miles or so into Bath!

HOTEL RECOMMENDATIONS:

- [Oldfield's House](#) (where we stayed) - 4-star - **Check-in:** 2:00 pm
- [The Francis Hotel](#) - 4-star
- [Leighton House](#) - 5-star
- [The Gainsborough Bath](#) - 5-star



(View from Oldfield's House)

A Day of Rest in Bath!



RECOMMENDATIONS IN BATH:

- [*Thermae Bath Spa*](#) - Make reservations ahead of time! We booked it about a week ahead of time but I'd recommend booking earlier just to be cautious.
- [*Sally Lunn's*](#) - the oldest house in Bath, serves delicious "Lunn buns" and tea
- [*The Hideout*](#) - whiskey bar
- [*Yak Yeti Yak*](#) - Nepalese restaurant - great atmosphere and healthy food
- [*Colonna & Smalls Coffee*](#) - considered by some to be the best coffee in the UK!
- [*Green Street Butchers*](#) - breakfast sandwiches
- [*Bath Gin*](#) - delicious gin distillery and drinks
- [*Fidel Rum Bar*](#) - right next door to Bath Gin
- [*The Oven*](#) - wood fired pizza
- [*Milk bun deli*](#) - sandwiches
- [*Society cafe*](#) - Coffee and pastries

GETTING BACK TO LONDON

Take the Bath Spa Train by booking through [GWR.com](https://www.gwr.com) or the OMIO app!

TIPS FOR A GREAT HIKE:

[AllTrails](#) app with Offline maps: Download this before you go! It is **100% necessary**. We didn't get lost once and it makes it extremely easy to see exactly where you need to go at all times. You have to buy the [AllTrails+ version](#) which was \$35.99 for a year to get access to offline maps.

There are quite a few days where there are no bathrooms for the entire day on the trail. I recommend bringing a roll of toilet paper just in case!

Most places in the Cotswolds and in London do not take cash at all! This is due to COVID and the changes that were made during that time that still apply. Make sure to bring a couple of debit or credit cards with **no** foreign transactions fees!

The only place we could find to do laundry was in Stonehouse called Stonehouse Laundry. I would *not* recommend Revolution Laundry. It was about a 15 minute walk from the Stonehouse Court Hotel. All of the hotels we were staying in before Stonehouse did not offer laundry services.

WHAT TO PACK:

- Map - I recommend the [AllTrails app](#), specifically the [AllTrails+ version](#) for downloadable maps
- [eSIM card](#) (you can pick them up in London at [Vodafone](#)- it's a great way to save on your phone bill because it's a one-time fee of \$30 for a month of phone service, and the service works in the Cotswolds. My husband bought the eSIM card and then I just hot spotted to his phone to save a few dollars there too!)
- Hiking Backpacks with waist straps - I recommend a 40L backpack like [these](#)
- CAMERA! Or in my case, multiple cameras! The [Sony ZV-1 II](#) is a great lightweight digital option. Or read my [blog post](#) about the best cameras for traveling [here!](#)
- [Small First aid kit](#)
- [Lightweight water bottle](#) or [hydration pack](#)
- Electrolyte packets or tablets - **NECESSARY** - also helps prevent leg cramps at night due to the magnesium - I recommend the [Nuun tablets](#)
- Snacks – energy bars, fruit and nuts, protein snacks
- [Moleskin blister bandages](#)
- [SalonPas Pain Relieving Patches](#)

- Travel face wash like the [Olay Cleansing Melts](#)
- Portable phone charger / [battery bank](#)
- Good walking or trail shoes - I recommend bringing a pair of hiking boots AND a pair of comfortable walking/tennis shoes - I recommend the [Merrell Moab 3 Mid Waterproof Hiking Boot](#) and a pair of [AllBirds Trail Runners](#) (super lightweight)
- [Foot support arches](#)
- Comfortable walking clothes - [lightweight water resistant hiking pants](#), [lightweight thermal pullover](#)
- High-quality walking socks - [these socks by Anlisim](#) were perfect and I didn't get a single blister!
- [Lightweight Waterproof jacket](#) – even if it isn't raining it can get quite windy
- [Fully Waterproof pants](#) – weather dependent - not great to wear everyday because they are not breathable, but good for heavy rain
- Sunglasses
- Rainhat or sunhat
- Raincovers for bags and [shoes](#)
- Umbrella
- Sunscreen
- Travel size shampoo and conditioner (all hotels had body wash)
- Toothpaste & toothbrush
- Toilet paper - one roll is fine, it's really just for emergencies!

OPTIONAL:

- [Walking poles](#) - we just used sticks along the trail
- [Smartwatch](#) – always helpful, and great if you want to track the route
- Head lamp or flash light (we found that we did not use ours)
- Pocketknife – just in case (we did not bring one due to airport security)
- Compass (most phones have a compass though)
- Scarf - depending on the month that you are hiking
- [Beanie](#) for cold mornings - I did not end up using mine because I preferred using my sunhat, which kept my ears warm enough in the mornings - however, it was cold in London and I needed it there!
- Gloves – some spring mornings can be a little chilly (I found that I did not need them, as I would just use the pockets on my Nike pullover or my rain jacket)