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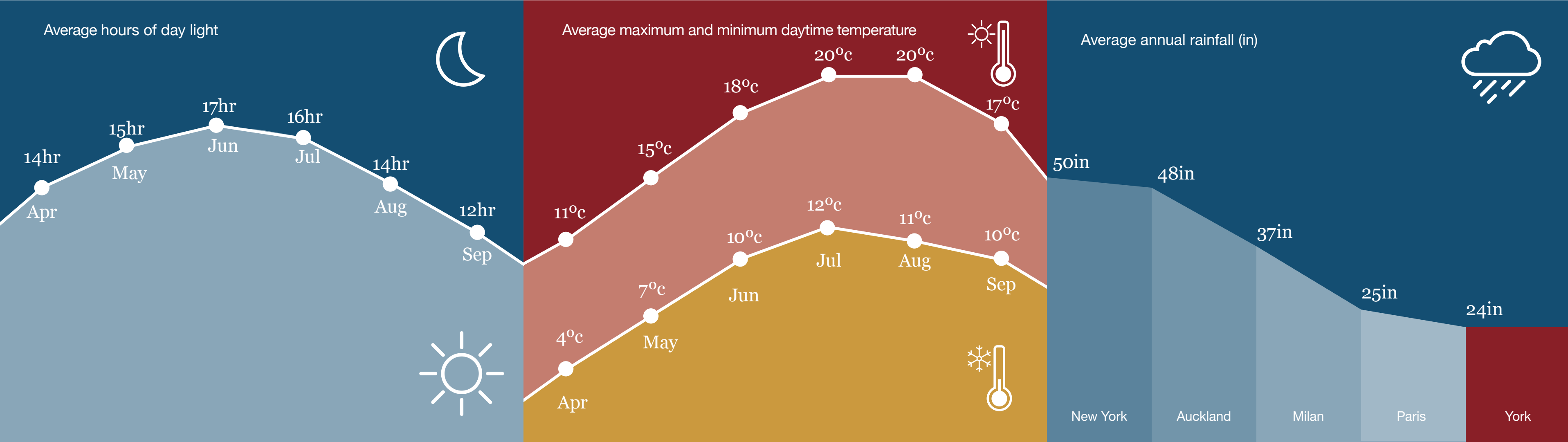


Literary Landscapes



England's Weather

It's not surprising that English people spend so much time talking about the weather, it gives us lots to discuss! The weather in England is anything but predictable. However, with a bit of preparation, you'll be fine for any eventuality whether it be rain, wind, snow or glorious sunshine. England is reliably drier, sunnier and warmer than its neighbouring countries, but we can't deny its reputation for being rainy. Please take heart in that the rain never lasts long, and that it's responsible for making the countryside so green and lush.



Spring

Spring is arguably one of the most beautiful English seasons. It's a time of flowers bursting into bloom, lambs frolicking in the field and sunny days.



Summer

The English countryside is at its best in summer; an explosion of greenery and bustling with wildlife. The average summer temperature sits at warm 19°C (66.2°F) with many days warmer than this.



Autumn

Golden light, changing colours, vibrant foliage and cool days are the hallmarks of Autumn in England. It's a great time for delicious seasonal foods like pears, mushrooms and duck.



Winter

English winters are quite mild compared to mainland Europe. Expect crisp air and frosty mornings, snowy hills and starry nights.



Stats & Facts

From cups of tea to national symbols, we've got you covered on everything you need to know about England.



English Rose

The English Rose, also known as the Tudor Rose came to be a symbol of England because of the War of the Roses which took place in the 15th century. This civil war led to the unification of the House of Lancaster, whose emblem was a red rose, with the House of York whose emblem was a white rose. The red and white rose came to subsequently represent the House of Tudor, although is most commonly depicted as a double rose.



The Oak Tree

It's often said that England was built on oak, and it's undeniable that this humble tree has had a pivotal role in English history. From druid mythology to its part in the industrial revolution and various wars, oak has provided the English nation with reliable and attractive timber for thousands of years. It's said that the oak tree gained its symbolic status after King Charles II famously hid in an oak tree from parliamentarians seeking to capture him. The oak tree also features in the tale of Robin Hood, where the nation's favourite outlaw sheltered amongst the branches of the Major Oak in Sherwood Forest.



Longest River

River Severn: 220 miles (354km)



The Lion

The Royal Arms of England famously features 3 golden lions. The Barbary lion is the United Kingdom's and England's national symbolic animal - chosen because it represents bravery, dignity and fearlessness. The lion was brought to popularity by King Richard I, who was known as 'Lionheart' and featured lions on his coat of arms.

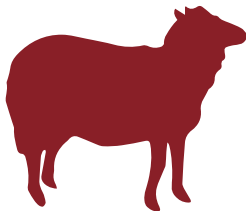


Population

56 million people

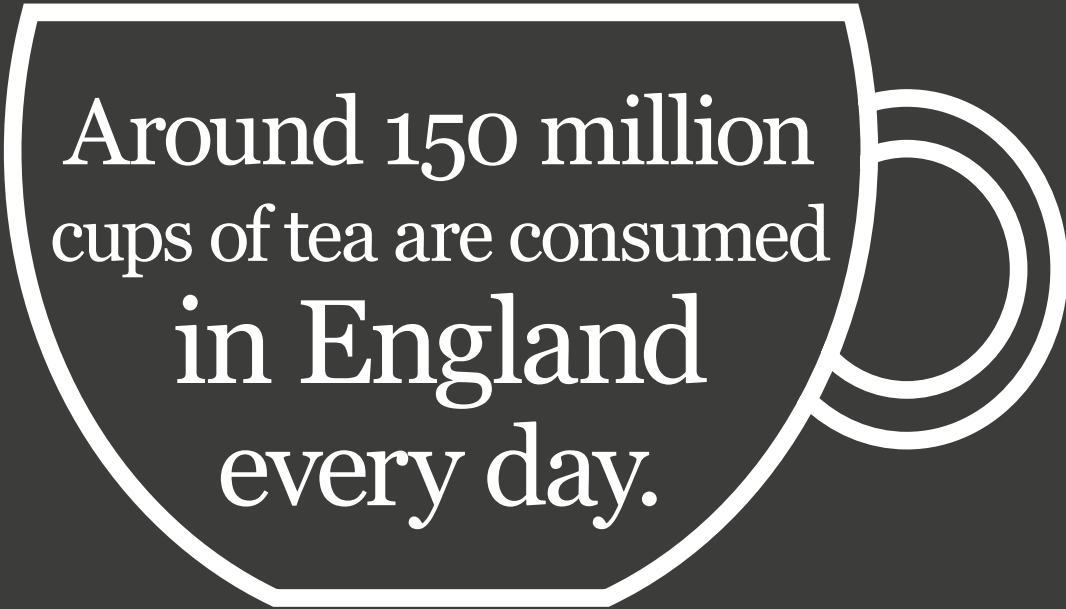


15.7 million sheep



Fun fact

Around 150 million cups of tea are consumed in England every day.



Culture and Customs

England's rich customs and traditions are famous across the world. English culture frequently gets associated with copious amounts of tea drinking, the British Royal family and good manners. English culture goes far deeper than these internationally recognised hallmarks and it is evolving all the time. Day to day conversations do go beyond the weather, bake-off and footie, we swear! Get to know the country that inspired countless literary, cinematic and musical masterpieces, taste your way around a cuisine heavily influenced by a colourful colonial past and experience our wicked sense of humour in person.

History

English history is a multi-layered story full of heroes and villains, kings and queens, castles and cottages. In the early reaches of time, the prehistoric peoples of England formed complex societies, culminating in magnificent monuments such as Stonehenge and Avebury. From there, various cultures have left their mark - from the Romans, we get impressive architecture and clear records; the Vikings opened up the world to England, bringing trade, currency and boatbuilding; the Normans left their language and castles. Through the ages of kings and queens, England went from a far-flung, rainy island to a mighty force to be



Language

Although English may be the dominant language in England, that doesn't guarantee that you'll understand who you're talking to! England is famous for its vast array of characteristic regional accents and dialects. Their existence is owed to the country's rich past of invasion and colonisation. Cockney, Scouse and Yorkshire accents may be the strongest and most recognisable - but there are over 30 different recognised dialects across the country.

Food and Drink

When one thinks of English cuisine, fish & chips will probably be in front of mind. Although this national staple is undeniably delicious there is a lot more to English food. England's climate and location mean that it has a rich and varied natural larder. Expect fresh seasonal produce, seafood, meats and a variety of dairy products. The cuisine is also heavily influenced by England's colonial past, and you couldn't get a more English dish than a Tikka Masala. If you're after a 'traditional' English food experience be sure to try scones with clotted cream or a savoury pastry or pie. Don't miss out on local beverages either. Nothing beats a good cup of tea, but on the slightly stronger side England is home to over 700 craft breweries, and a summer's day is made complete with a cold cider or a glass of Pimm's in the sunshine.

Tipping

Tipping in England is never expected but always appreciated. It is a lovely way to show you really enjoyed your experience. Unlike some destinations, our guides receive a fair wage so tips are seen as a bonus rather than making up a part of their wage. If you want to thank your guides for outstanding service, they will welcome any monetary gift at the end of a trip. Gratuity for hospitality services is normally 10-15% of the bill and it is usual to tip

in restaurants and hotels. It is also usual to tip local guides. Taxi drivers, bartenders and baggage carriers do not expect tips.

Literary Landscapes

The English countryside has inspired countless authors and poets over the centuries and often plays a dominant role in their literary publications. Of course, England has continued to produce a litany of other notable authors, from William Shakespeare and Geoffrey Chaucer to Charles Dickens to Agatha Christie.

William Wordsworth

English literature is rife with love affairs, but maybe none as passionate as that of poet William Wordsworth and his fondness for the Lake District. His poetry and 1810 guide which detailed the landscape and characterful weather inspired many to visit the area, and later the establishment of the National Park. He described the village where he lived within the Lake District as “the loveliest spot that man hath ever found”. There are various sites of interest related to Wordsworth to visit in the Lakes. Notably, the home he shared with his sister ‘Dove Cottage’, and Glencoyne Bay by Ullswater which famously inspired one of his most recognised poems “I Wandered Lonely As A Cloud”. A visit to the Lakes will reveal how it brought such inspiration to Wordsworth and countless other writers with its impressive hills, peaceful lakes and abundance of wildlife.

Jane Austen

The rural landscapes and small villages in Jane Austen’s novels play a subtle role compared to her famous heroines but she was undeniably inspired by the countryside of southern England and the small town lifestyle that it propagated. Picture pastoral scenes comprising idyllic villages, rolling hills and grand manor houses. Austen wrote in a time where curated gardens and extensive landscaping were prominent and it’s evident in her descriptions of certain locations. It’s easy to picture yourself in shoes of Emma Woodhouse or Elizabeth Bennet when strolling through the gardens of the many stately homes open to visitors across the country.

The Brontë Sisters

No authors have characterised the Yorkshire Moors like the Brontë sisters - Charlotte, Emily and Anne. The moody moorlands, stormy weather and rugged scenery inspired the writings of all three sisters. The landscapes do more than just set the scene, they reflect the characters’ moods and are written about both lovingly and despairingly. The area featured in their novels now consists of some of the most open and wild spaces in England. Yorkshire is a known hiker’s paradise and offers more than just the wild moors as described by the Brontës - it has a stunning coastline, lovely woodlands and heather-clad hills.

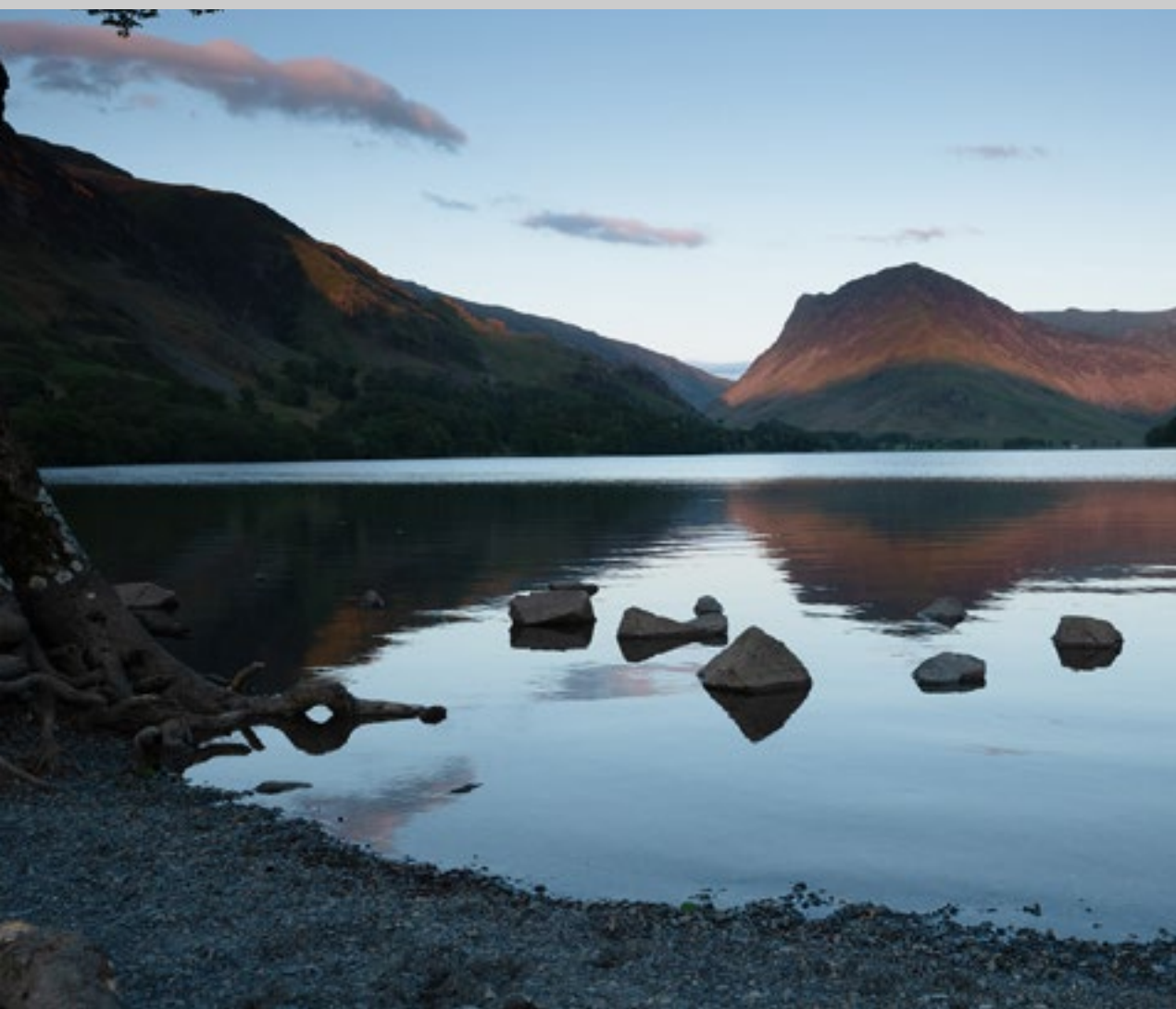


Ecotourism - Our Commitment

Wilderness England is committed to the principles of ecotourism. We work very hard to ensure our engagements with local communities, wildlands and wildlife are positive.

We are a proud partner of the Leave No Trace Center for Outdoor Ethics.

On our trips, we hope that you will help us and support these efforts. Of course, there will always be some impact when we go into our wildlands, but with your help, we want to minimise as much of the potentially negative impacts as possible. We ask that you consider the following principles while enjoying the English countryside.



Leave No Trace - The Seven Principles

1: Plan Ahead & Prepare

Because every outdoor activity is unique, environmental and safety concerns may vary from place to place. Before you go, check our detailed notes for any access restrictions and please observe any signage and guidance around forestry operations, stalking activity, lambing, etc.

2: Be Considerate of Others

We value our local relationships very highly and equally recognise we all enjoy the outdoors in different ways. We would ask you to be courteous when encountering other recreational users; local people and/or landowners or managers.

3: Respect Farm Animals and Wildlife

As more and more people visit the outdoors, wildlife in these areas are affected by visitors' presence. To help keep wildlife wild, it is best to give animals a wide berth and observe them from a distance. As a simple rule of thumb – if the animal moves in response to your presence, you are too close. We Recommend taking binoculars if you have them.

4: Travel and Camp on Durable Ground

Wherever practical to do so please stick to established trails. Give plants and wild animals their place in the outdoors. Creating new trails scars the landscape, causes erosion and intrudes on wildlife habitats. The land owner/manager will be grateful too, as they often put considerable time and money in creating and maintaining these trails.

5: Leave What You Find

Leave natural objects undisturbed – load your camera, not your packs. Let photos, drawings and memories comprise your souvenirs. Conserve the past; archaeological and historical artefacts such as old walls, shielings, old mine workings and hilltop cairns are reminders of the rich human history of the landscape and belong to all people for all time. Structures, dwellings and artefacts should not be disturbed.

6: Dispose of Waste Properly

Please take out all litter - yours and others. Even biodegradable materials, such as orange peel, apple cores and food scraps take years to break down, and attract scavengers that harm other wildlife.

Waste is unsightly and ruins everyone's outdoor experience. If you need to go to the toilet in the outdoors, deposit solid human waste in a hole dug 10-12 cm deep at least 30 metres (70 steps) from water, campsites, and trails. This will promote decomposition of the waste and reduce the likelihood that other visitors may have unpleasant encounters. Cover and disguise the hole when you are finished.

7: Minimise the Effects of Fire

In the unlikely event that you will use a fire or barbecue on your self guided trip. However for completeness we include this principle here.

Even though campfires have been a part of the outdoors for a long time, the legacy of campfires and barbecues, too often, are charred park benches and rocks, large rubbish-filled fire rings, damaged trees and uncontrolled wildfires.

We hope that you have a wonderful experience on our self guided trip and would like to thank you in advance for helping us to keep England's amazing wild land's beautiful and unspoilt for future generations of visitors, local people and wildlife.



Recommended Reads

To find out more about England, check out the sites and books below:

Online

- visitengland.com
- visitbritain.com/gb/en
- wildernessengland.com/blog
- lonelyplanet.com/england
- roughguides.com/destinations/europe/england

Weather

- metcheck.com
- bbc.co.uk/weather
- metoffice.gov.uk

Books Non Fiction

- England: 1000 Things You Need to Know - Nicolas Hobbes
- Watling Street: Travels Through Britain and Its Ever-Present Past - John Higgs
- One Man And His Bog - Barry Pilton
- Wainwright's Coast to Coast Walk: From St Bees Head to Robin Hood's Bay - Alfred Wainwright
- The Shepherd's Life - James Rebanks
- A History of Britain - Simon Schama
- A Traveller's History of England - Christopher Daniell
- Lyrical Ballads - William Wordsworth & Samuel Taylor Coleridge
- All Creatures Great and Small - James Herriot
- The Wainwright guides on the Lakes
- The Yorkshire Shepherdess - Amanda Owen
- Feet in the Clouds - Richard Askwith

Books Fiction

- Wuthering Heights - Emily Brontë
- Jane Eyre - Charlotte Brontë
- Pride and Prejudice - Jane Austen
- Big Sky - Kate Atkinson
- The Pillars of the Earth - Ken Follet
- Great Expectations - Charles Dickens
- The Tale of Peter Rabbit - Beatrix Potter
- The Unlikely Pilgrimage of Harold Fry - Rachel Joyce
- A Midsummer Night's Dream - William Shakespeare
- The Hound of the Baskervilles - Sir Arthur Conan Doyle
- Middlemarch - George Eliot
- Swallows & Amazons - Arthur Ransome
- Middle England - Jonathan Coe
- The Secret Garden - Frances Hodgson Burnett
- The Forest - Edward Rutherford

Travel Essentials



Luggage

If you can pack a soft duffle bag it makes life easier packing up our vans. Please avoid hard suitcases. Size-wise, if you can check it on a plane with no extra fees it will be fine on one of our trips. During your trip your luggage will either be kept at your accommodation, or if you are moving on that night stored in the van. You will need a small day sack for your lunch, water and extra layers.

If you are on a camping based trip you will need to limit what you can bring. Please refer to the equipment list you will receive with your confirmation email and just let us know if you have any questions.



Time Zones

- England and the UK use GMT. GMT is:
- 5 hours ahead of east coast USA & Canada (Eastern time zone)
 - 8 hours ahead of west coast USA & Canada (Pacific time zone)
 - 8 hours behind Western Australia
 - 12 hours behind New Zealand



Phones and WIFI

The international dialling code for the UK is +44. Public telephone boxes are available across England – it is not unusual to see one of these in a small village. Most hotels and restaurants will also have a telephone for public use. Most telephone boxes now only accept credit cards, although some do still accept British coins. There will be a sign indicating which forms of payment are accepted. Alternatively, phone cards can be purchased from some newsagents. Be sure to read the card instructions carefully before use. Mobile phone reception is good in most major cities, towns and villages throughout England, however, the more remote you venture, you will find that you may lose mobile reception altogether. Some accommodations will offer WIFI in public areas but not in individual rooms.



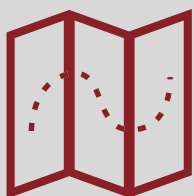
Electricity

Electricity is available at 240V AC. Plugs are flat three-pin and a UK universal AC adaptor is required for clients visiting from outside the UK



Maps

A range of maps are available from good bookshops and outdoor shops both on the high street and online, especially www.stanfords.co.uk



Currency

The monetary unit in the UK is the Pound Sterling (£). £1 is made up of 100 pence (p). Whilst this is the same throughout the UK, Scottish and Northern Irish Banknotes differ in appearance from English banknotes, however, all are legal tender throughout the UK. The best way to get cash is at ATMs, which are widely available. You might have difficulty finding them in the smaller villages and remote locations, but you can always ask your guide for help. Most ATMs limit withdrawals to £300 British Pounds. Most shops and cafes do accept Visa or Mastercard although it is rare for them to take Amex.



Medical Information & Safety

You should have a dental and medical check-up before your trip. We recommend that you contact your GP or local medical centre well in advance of departure for the appropriate travel health advice. Please do let us know of any pre-existing medical conditions, even if you don't think it will be an issue on your trip. We will pass this on to your guide so they have all relevant data in case of an emergence. In-country, all of our trip guides are qualified in first aid, carry a comprehensive first aid kit with them at all times and have experience of treating medical situations in an outdoors environment. Also, we do encourage clients to bring their own small first aid kits. A list of suggested items is contained in the recommended equipment list. It is your responsibility to ensure that you are physically fit enough to join any adventurous trips in England.



Passports and Visa

England is part of the United Kingdom. If you are a non-UK citizen, you are advised to check with your local UK embassy and/or online at www.ukba.homeoffice.gov.uk/visas-immigration to confirm if you will need a visa for travel to the UK. We recommend that you take photocopies of your passports, visas and other valuable documents. A copy should also be left at home with a relative or friend (ideally the same person for whom you have given as the appropriate emergency contact). If any documents are lost or stolen, this will greatly assist the process of replacement.



Emergency Procedures & Contact

If you need to get a hold of one of our team while on a trip we recommend contacting your guide or your accommodation first. Should you need to contact our office, please call +44 (0)1479 420020 or toll-free from North America on 866-740-3890. If you are booked on a trip you will also be sent a 24 hour out of office emergency number. We would gratefully ask that this number is only used in a genuine emergency.

Personal Safety and Security

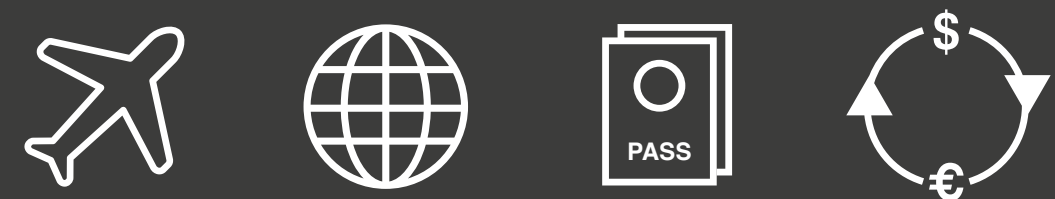
England is a safe country in terms of public health and crime. The UK's NHS (National Health Service) and emergency services (police, fire and ambulance) provide fast, excellent service.

Emergency Services

The phone numbers to call in case of emergency are 999 for the police, 101 for a non-emergency response.



Travel Essentials



Financial Protection

You can book with us in complete confidence that all trip payments made to use are fully protected. Wilderness England is a trading name of Wilderness Scotland Ltd - a tour company that has been operating for 20 years and is fully licensed and bonded by ABTA.



Travel Insurance

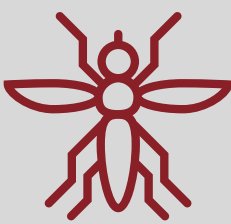
We don't ask to see proof of this but we strongly recommend you have travel insurance. It should cover last minute trip cancellation, repatriation or unexpected charges if flights are delayed or cancelled. Once you have booked a trip we will provide details of our recommended insurance company but they are not the only suitable provider and we encourage you to do your own research. Please note that we are not insurance agents and cannot advise you on travel insurance or the level of cover you require. Please contact your preferred insurance company for any questions or advice.

English Insects

During the summer months you may encounter both midges and mosquitoes in England. Midges are the more prevalent of the two and our mosquitos are rather minor and nothing like what you may have encountered in other countries.

Unless you are camping you are unlikely to encounter any issues with either species. The only exception might be at sunrise and sunset or any very overcast and calm days - the type of conditions midges thrive on. With any sort of breeze the midges are grounded and not a problem. In any case, the best thing is to just be prepared with some simple preventative measures. We recommend Smidge and Mosi Guard insect repellents both of which are DEET-free. If sitting outside at sunset, it's a good idea to cover up with long sleeves and trousers to avoid being ambushed! If you are camping, it's also a good idea to bring a midge head net just in case. If you do react badly to bites, it's also a good idea to have a supply of antihistamine.

In the UK ticks are known to carry Lyme's Disease. The insect repellents noted above are also effective against ticks, as is wearing long sleeves and trousers when walking in the countryside. Make sure to inspect your skin after outdoor activities and pack a pair of tick-removal tweezers.



I have dietary requirements can you cater for me?

Absolutely. Please so let us know on booking: it helps if you are specific and provide as much detail as possible. If you have an allergy please let us know how severe it is, do you carry an Epi Pen? If you are gluten-free please do clarify if you just avoid wheat or if you are coeliac and should not eat anything that has come into contact with wheat. It's really helpful for us to know this up front so we can alert the restaurants we visit. Vegetarian or vegan? No worries, but please be aware that you may have limited choices. We can usually cater for all dietary requirements except on our expedition trips because the limited kitchen space makes it impossible to cook different meals for each traveller.If you have any questions or want to chat through a requirement then get in touch.



Getting There and Away

Our trips tend to begin and end at train stations or ferry terminals to allow you to take public transport to and from the trip. The start and endpoint of each trip can be found on our website and in the trip dossier. The principal international airports in England are London Heathrow, London Stansted, London Gatwick, Manchester, Birmingham, Bristol and Newcastle. Each airport website has links to public transport from that airport to the nearest city. If you are travelling by train in the UK we recommend using thetrainline.com for timetables and tickets. For more information on travelling in the UK and to your trip start point visit the Getting Here part of our website.



Still have some questions?

For more information on our trips or traveling in England check out the FAQ section on our website.

Get in Touch

Please do not hesitate to contact us by telephone or e-mail on the details provided below. Our team is hugely knowledgeable and passionate about adventure travel in the wild places of England and we can't wait to share our home with you. If you have any questions about our trips or what we do then please just get in touch.

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