

Walking 42 miles in one day: tackling North Yorkshire's Lyke Wake route on its 70th anniversary

Level 1: Elementary

1 Warmer

a. Discuss the following questions in pairs.

- Have you ever done something difficult? What was it and why did you do it?
- Are there any outdoor traditions in your country? What are they and what makes them special?

2 Key words

a. Find the words from the wordpool in the article. Then use the words to complete the definitions.

badge challenge dead hills the coast
bugs compass funeral song route trophy cup

1. something that you get for winning or completing something _____
2. a small plastic, cloth, or metal thing you wear on your clothes to show you have achieved something _____
3. a line or path that you follow to get from one place to another _____
4. something difficult that tests a person's skill or ability _____
5. a special song that people sing when someone dies _____
6. an informal word for insects _____
7. a tool that shows you where the north is and helps you find your way to a place _____
8. an area near the sea or ocean _____
9. high natural areas of land that are smaller than mountains _____
10. not alive or living _____

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b. Complete the sentences with words from the previous activity in the correct form.

1. The winner gets a small _____ when they finish the race.
2. What seemed simple at first quickly became a real _____.
3. The map showed us the best _____ to the campsite.
4. Grandpa chose *Always Look on the Bright Side of Life* as his _____.
5. I got this _____ when I finished my forest-survival training.
6. We always spend our summer holidays near _____.
7. In autumn, the _____ leaves fall off the trees.
8. Frankie used a(n) _____ to find where he was.
9. When I go hiking, _____ often bite me.
10. From the top of the mountain, we could see the smaller _____ of Wales.

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- 1 In August 1955, the York Mountaineering Club met at the Olde Starre Inne. They were chatting about how there were not many hills in York. Then, David Laughton, the club leader, walked in with a magazine called *The Dalesman*. He showed them a challenge from a writer named Bill Cowley. Cowley said he would give a small trophy cup to anyone who could walk across the North York Moors in less than 24 hours.
- 2 The club members agreed quickly. After some weekends planning the route, seven men and three women from the club were ready. They, along with Cowley, two scouts and a forest worker, started the walk at noon on October 1. They walked for 23 hours using a compass to find their way. At the end, they reached Ravenscar on the coast. Cowley gave them the cups. The walk was named after an old Yorkshire funeral song called the Lyke Wake Dirge. "Lyke" means dead body in the local language.
- 3 One walker was Malcolm Walker. He was 19 years old, strong and happy. In 1971, he moved into the same street as me with his wife Edna and their children, Paul and Lindsey. I knew he had done the Lyke Wake Walk, but he didn't talk about it much. The walk was very popular then – the biggest challenge on the Yorkshire moors.
- 4 In 2005, I walked the Lyke Wake with Malcolm and his son Paul to celebrate 50 years. After the walk, I got a small black badge. It showed the hard work it took. The walk was not easy. The moors felt unfriendly. The weather changed quickly. The sun could burn you, the wind was cold, and bugs bit you. Only after the walk did we see the pretty colours of flowers, green hills and the changing sky.
- 5 Recently, Paul called me. For the 70th anniversary, he planned another walk. Five of his six children, Lindsey's husband, and their three sons wanted to join in. Malcolm, now 89, would walk the last part. Paul asked me to come. I was 62 and said yes. My son Nat came too.
- 6 We started at 2:15 in the morning in Osmotherley. As we climbed Carlton Bank, we saw lights from Middlesbrough below. The sun came up slowly. The hardest part was a long walk above Farndale where a railway used to be.
- 7 We met Malcolm in the evening. He had walked the last five miles with us. Malcolm drank from his old trophy cup from 1955. I asked why people do the walk. He said, "There are many hard things about it." He told us about the physical pain. "I think it is an achievement," he said, "but nothing compared to my family." He smiled and looked at them. The walk was not just a challenge. It brought the family together. In Yorkshire, people do not like to say too much, but this day was very special.

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3 Comprehension check

a. Complete the sentences with information from the article.

1. Bill Crowley had the idea to do the North York Moors walk in under _____.
2. In 1955, _____ people did the first Lyke Wake Walk.
3. In the early seventies, Malcolm Walker _____ as the author.
4. According to the article, the most difficult part of the walk was _____.
5. Malcolm Walker joined the group for the _____ of their 70th anniversary walk.
6. In 2005, the author earned a(n) _____ that showed he completed the Lyke Wake Walk.

4 Key language

a. Find the collocations from the box in the article. Then use the collocations to complete the definitions.

be named after came up join in
brought (people) together chatting about walked in

1. _____: (of the sun) appeared in the morning
2. _____: moved on foot inside or through a place
3. _____: to get the same name as something or someone else
4. _____: talking to someone about a topic
5. _____: to do an activity with other people
6. _____: made people come to a place to unite or share a purpose

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b. Complete the sentences with collocations from the previous activity in the correct form.

1. The sun _____ slowly behind the trees.
2. When the music started, everyone wanted to _____ and sing along.
3. Hilary _____ to the meeting twenty minutes late.
4. That street _____ a famous author who lived there.
5. I've just been _____ the party with our neighbours.
6. Family celebrations often _____ relatives _____, especially those from different parts of the country.

5 Discussion

a. Discuss these questions.

- Would you like to try a long walk like the Lyke Wake Walk? Why or why not?
- Do you think difficult experiences like this can bring people closer together? Why?

6 In your own words

a. Think of a time when you shared a physical challenge or outdoor activity (a walk, hike, sport, etc.) with others. Then write a short personal essay or record an audio recording to share your thoughts. Mention:

- why you remember this experience
- how you felt sharing it with other people
- what you learned from the experience

b. Share your essays or audio recordings with your classmates.