

The best Trails in England and Wales

NATIONAL TRAILS 



The Pennine Way, near High Force

Front cover photograph:
Walking down Thorncombe Beacon,
South West Coast Path

© James Cook

Back cover photograph:

© Natural England/Rob Dingle



We are here to secure a healthy natural environment for people to enjoy, where wildlife is protected and England's traditional landscapes are safeguarded for future generations. For more information go to:

www.naturalengland.org.uk



For more information about the work of Natural Resources Wales visit:

Am ragor o wybidaeth am waith Cyfoeth Naturiol Cymru ewch i'n gwefan:

www.naturalresourceswales.gov.uk

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ISBN 978-1-84754-125-9

Catalogue Code: NE157 (v.2 2013)

The nation's favourite walks and rides



National Trails offer some of the best walking, riding and cycling experiences in the country, officially supported by Natural England and Natural Resources Wales.

The 15 Trails are based on the nation's favourite rambles and rides and provide more than 4,000kms (2,500 miles) of well-managed routes across some of our finest countryside.

All of the National Trails are within easy reach of buses, trains and the services of nearby towns and villages. In fact nowhere in England or Wales is more than 80kms (50 miles) from a National Trail.



Thixendale, Yorkshire Wolds Way

© Natural England/Mike Kipling



Near Limestone Corner, Hadrian's Wall Path

© Dave McClade



Broadway Tower

To find out more and plan your trip, please visit our website www.nationaltrail.co.uk

There are also excellent guide books available, packed with useful background information and practical tips for visitors, with full colour maps presented in sections, so the Trails can be enjoyed in a series of day trips, weekends away or longer breaks.

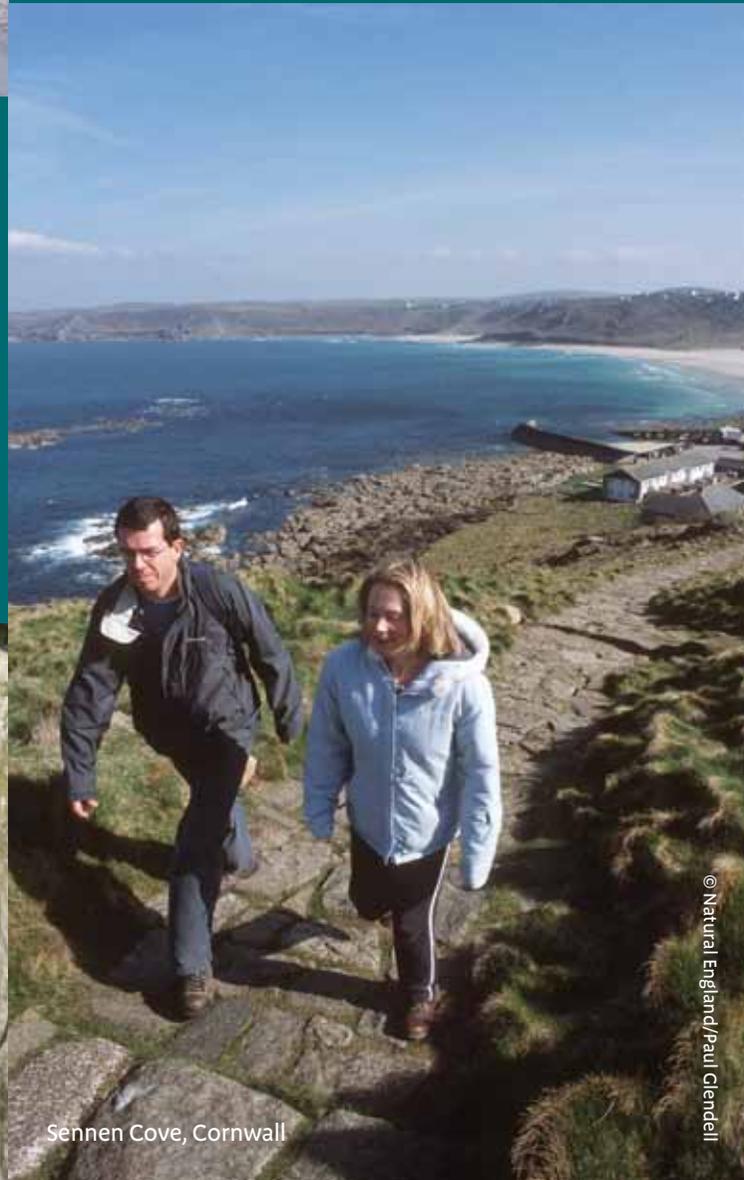
Ditchling Beacon, South Downs Way



National Trails are the best way of getting to know the countryside – prepare to be welcomed by local people, inspired by the stunning, varied scenery and enchanted by the legacy of the nation’s heritage.

Each National Trail has dedicated staff, often working with local volunteers, to look after the physical condition of the Trail, keeping paths, gates, stiles and signs in the best condition.

A picture of an acorn is used by National Trail managers to guide travellers along all the Trails. The National Trail acorn is a symbol of the commitment, made by local authority partners, to look after the Trails to the highest standards, for the enjoyment of visitors.



Sennen Cove, Cornwall



Wortley Hill, Cotswold Way



Near Oxted



Winchcombe, Gloucestershire

Each Trail has collated a range of supporting information to complement the official guides. This provides up to date details on services provided by local communities, such as nearby accommodation, public transport, baggage transfer, guided tours and the welcoming array of tea rooms, friendly village pubs and convenient shops.

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Malham Cove, Pennine Way

Pennine Way

Britain's oldest, and arguably most famous, Trail takes walkers 16 days to complete but is the journey everyone should make at least once in a lifetime. The 429km (268 mile) Trail crosses the moors and peaks through designated National Parks along the backbone of Northern England.

"The variety of habitats makes it one of the best places in Europe to observe birds like breeding waders in spring and early summer. The scenery in Middleton in Teesdale and Dufton is fantastic and flowers beautifully in spring."

View from Pen-y-ghent

© Natural England/McCoy Wynne



Milecastle 39 on Hadrian's Wall

© Natural England

Hadrian's Wall Path

It's easy to imagine how things were in Roman times. There are four Roman Forts presented as visitor attractions plus sections of well-preserved masonry Wall and miles of earthworks along this 130km (84 mile) coast-to-coast route. It takes walkers seven days to cross the World Heritage Site from historic Tyneside west to Cumbria and the salt marsh of the Solway Estuary.

"Come in the summer to see it at its best; and don't miss Birdoswald Roman Fort - it has some of the best-preserved sections of Wall - nothing feels like it's changed for thousands of years."



Staithes

© Natural England/Mike Kipling

Cleveland Way

Walk in the footsteps of Count Dracula, explorer Captain Cook and legendary vet James Herriot. Visit the castles and abbeys along Yorkshire's designated Heritage Coast and cross England's largest open moor - nearly all of which is within the North York Moors National Park. This 177km (110 mile) Trail takes walkers nine days to complete.

"Don't miss the coastal views between Whitby and Robin Hood's Bay and visit the Cleveland Hills around Osmotherley for some really stunning scenery."



Near Fridaythorpe

© Natural England/Tessa Bunney



Hurstwood

© Natural England/McCoy Wynne

Pennine Bridleway

Designed for horse riders and cyclists as well as walkers, this 330km (205 mile) Trail follows a mix of old packhorse and drove routes, as well as newly built trails.

"Experience the industrial heritage of the South Pennines on the 75km (47 mile) Mary Towneley Loop or get away from it all and enjoy the stunning scenery as the Trail winds for 84kms (52 miles) through the Yorkshire Dales National Park."



Near Knighton

© Rob Dring

Offa's Dyke Path

Landscape and history changes daily as you walk along this 285km (177 mile) Trail on the England/Wales border following Offa's Dyke - the giant earthwork is Britain's longest ancient monument. The Trail takes walkers 12 days to complete.

"Don't miss the spectacular scenery as you walk around Eglwyseg Rocks towards World's End. The best preserved sections of the Dyke itself can be found in the South Shropshire Hills."



Clywedog Reservoir

© Helen Tatchell

Glyndŵr's Way

Named after the last Welsh Prince of Wales, Owain Glyndŵr, this 217km (135 mile) Trail takes walkers nine days to complete, crossing open moorland, farmland, woodland and forests.

"No one should miss the long stretch between Llanidloes and Machynlleth. You feel like the last person on earth up there - it is all utterly peaceful."



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Yorkshire Wolds Way

For those wanting to get away from it all - the rolling chalk wolds, with large airy fields and dramatic dry valleys provide a perfect landscape for walkers to enjoy this 127km (79 mile) Trail over five days.

"For a sense of freedom and awesome big skies visit the Trail between Fridaythorpe to Thixendale and Wharrah Percy."



Holkham

© Natural England/Andy Turner

Peddars Way & Norfolk Coast Path

Walk along the now grassy Roman road through the Brecks and open arable farmland to the coast. Enjoy the Trail on beaches and through dunes with extensive views across the Wash to the Lincolnshire Wolds on this 150km (93 mile) Trail. This route is perfect for day walks.

"Don't miss the stretch between Wells and Morston for the sheer remoteness and beauty of the coast."



St Marthas

© Natural England/John Miller

North Downs Way

Our history is etched across the North Downs Way, from Stone age burial sites to Cathedrals, pilgrim churches, vineyards and WW2 gun emplacements - it's a 245 km (153 mile) history of our country.

"Don't miss the climb to St Martha's Church in Surrey, or the walk along the White Cliffs of Dover."

South West Coast Path

The rugged cliff tops, sheltered estuaries, beaches, harbours, intimate coves, sleepy villages and resorts of the southwest coast have seduced people for centuries. It is Britain's longest, and probably most popular, National Trail and the 1,014km (630 mile) Trail takes walkers 56 days to complete.

"If you haven't got the luxury of 2 months to walk the whole Trail in one go, why not do a weekend or a week at a time. Our website has all you need to start planning a trip."



Near Porlock

© Sheila Talbot

Pembrokeshire Coast

There are over 50 beaches along this spectacular 300km (186 mile) Trail which takes walkers between 10-15 days to complete. The Trail undulates along the rugged cliffs of Britain's only coastal National Park. The Pembrokeshire Coast Path is part of the Wales Coast Path, which opened in May 2012.

"Don't miss the beaches of the south and west coasts and the cliffs of the north. Spring is best for wildflowers and sea birds and there is always a chance you will spot a seal."



Near Marloes

© PENFA/Tina Thomas

The Ridgeway

Enjoy extensive views of rolling downs, wooded hills and the Thames Valley on this 139km (87 mile) Trail that's surrounded by prehistoric sites and takes walkers around six days to complete. The broad track which is Britain's oldest road that makes up the western half of the Trail is also open to cyclists and horse riders.

"The stretch between Ashbury and Letcombe Bassett has wonderful history and views over the Thames Valley."



Folly Clump, Hackpen Hill

© Jos Jotham

Cotswold Way

This popular 163km (102 mile) route is open to walkers and follows the Cotswold Hills through beech woods and open fields, taking typically seven days to complete.

"Stunning views, wildflower-rich grassland, bluebell-filled beech woods and picturesque villages - this National Trail takes you through all that the wonderful Cotswolds have to offer."



Walkers at Coombe

© Natural England/Jo Ward



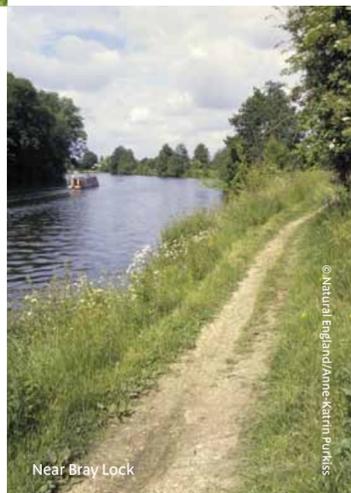
Descending Pen Hill

© Natural England/Anne-Karin Purkiss

South Downs Way

Stretching the entire length of the new South Downs National Park, this 161km (100 mile) Trail for walkers, horse riders and cyclists follows wide grassy tracks on rolling chalk down land. The Trail takes on average seven days to complete on foot and 2-3 days by mountain bike.

"Don't miss the view from Old Winchester Hill across to the Isle of White or the tranquil downland of Harting Down. Also take time to explore the historic city of Winchester, or enjoy the dramatic white cliffs of Eastbourne."



Near Bray Lock

© Natural England/Anne-Karin Purkiss

Thames Path

From the source almost to the sea this 294km (184 mile) Trail takes walkers 14 days to complete through peaceful water meadows, rural villages, historic towns and cities.

"The stretch between Lechlade and Newbridge is lovely and quiet with good country pubs nearby. As a contrast, between Lambeth Bridge and Canary Wharf there are so many temptations to stop, it's hard to cover much distance in a day."