

National Trail	Length (miles)	Length (km)	Average number of days to complete	Start	End	Open to riders and cyclists?
Cleveland Way	109	175	9 days	Helmsley, North Yorkshire	Filey, North Yorkshire	No ¹
Cotswold Way	102	164	7-10 days	Chipping Campden, Gloucestershire	Bath, Somerset	No ¹
Glyndŵr's Way	135	217	9 days	Knighon, Powys	Welshpool, Powys	No ¹
Hadrian's Wall Path	84	135	6-7 days	Wallsend, Tyne & Wear	Bowness on Solway, Cumbria	No ¹
North Downs Way	153	246	12 days	Farnham, Surrey	Dover, Kent	Partly ²
Offa's Dyke Path	177	285	14 days	Chepstow, Monmouthshire	Prestatyn, Denbighshire	No ¹
Peddars Way and Norfolk Coast Path	93	150	7 days	Knettishall, Suffolk	Cromer, Norfolk	Yes ^{3*}
Pembrokeshire Coast Path	186	300	12 days	St Dogmaels, Pembrokeshire	Amroth, Pembrokeshire	No ¹
Pennine Bridleway	205	330	1-14+ days by bike; variable times by horse	White Peak area, Derbyshire	Howgill Fells, Cumbria	Yes
Pennine Way	268	429	16-19 days	Edale, Derbyshire	Kirk Yetholm, Scottish Borders	No ¹
South Downs Way	100	160	8-9 days walking; 2-3 days cycling	Winchester, Hampshire	Eastbourne, East Sussex	Yes ³
South West Coast Path	630	1014	30 days fast walking; 7-8 weeks at leisurely pace	Minehead, Somerset	Poole, Dorset	No ¹
Thames Path	184	294	14 days	Near Cricklade, Wiltshire	Thames Barrier, Greenwich, London	No ¹
The Ridgeway	87	139	6 days	Avebury, Wiltshire	Ashridge Estate, Buckinghamshire	Partly ²
Yorkshire Wolds Way	79	127	5-6 days	Hessle, East Riding of Yorkshire	Filey Brigg, North Yorkshire	No ¹

¹ Walkers only although some short sections may be open to riders and cyclists. Check the Plan Your Visit page for more information.

² Longer sections open to riders and cyclists. Check the Plan Your Visit page for more information.

³ Mostly open to riders and cyclists although route may differ to the walking route. Check the Plan Your Visit page for more information.

* Norfolk Coast Path open to walkers only.