

Pennine Way National Trail

NATIONAL TRAILS 



Once in a lifetime

The Pennine Way National Trail is a 268 mile (429km) walking route from Edale in Derbyshire to Kirk Yetholm in the Scottish Borders.

It crosses some of the finest upland landscapes in England, from the Peak District, through the Yorkshire Dales, across the North Pennines and over Hadrian's Wall in Northumberland to the Cheviots.

The Way can be enjoyed as a continuous walk, or in sections from day trips to multi day walks.

There are campsites, hostels and bed and breakfasts along the route. These can be booked in advance and you can if you wish, choose to have your luggage transferred between them.

All the information you need to plan your walk can be found at www.nationaltrail.co.uk

There is also a range of maps and guides available to help you enjoy your walk.



Golden Plover

© RSPB Images

Nature in the Pennines

The Pennine Way passes through three National Parks, The North Pennines Area of Outstanding Natural Beauty, two National Nature Reserves and 20 Sites of Special Scientific Interest.

The variety of habitats make it one of the best places in Europe to observe birds like breeding waders in the spring and early summer.



High Cup Nic

Natural England / Steven Westwood

The Mountain Code

- Know how to use, and carry a map and compass.
- Know the weather signs and local forecast; plan within your capabilities.
- Know simple first aid and the symptoms of exposure.
- Take waterproofs and a fleece.
- Ensure somebody knows your planned route.
- Keep alert all day!

For further information about the Pennine Way National Trail email: steve.westwood@naturalengland.org.uk or visit www.nationaltrails.org.uk

Front cover photograph:
Swaledale © Natural England/Steven Westwood



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Landscape

① Dark Peak

The southernmost section of the Pennine Way between Edale and Standedge passes through the Dark Peak area of the Peak District National Park.

The name Dark Peak refers to the colour of the underlying Millstone Grit sandstone (gritstone). A wild, open, elevated plateau of broadly rolling terrain, reaching its highest point of 636m at Kinder Scout, providing long uninterrupted views in all directions.

② Southern Pennines

The Southern Pennines section of the Way, between Standedge and Gargrave, has a similar landscape to the Dark Peak, but there is more evidence of human activity.

This is a large-scale sweeping landscape of exposed upland moorland and pasture. Thick horizontal beds of coarse-grained gritstone form plateaux, separated by steep cliffs (such as Blackstone Edge) from the less resistant siltstone and mudstone of the valleys below.



Kinder Scout



Looking towards Stoodley Pike

③ Yorkshire Dales

The Pennine Way crosses the Yorkshire Dales National Park between Gargrave and the Tan Hill Inn. Limestone has a greater influence on the landscape here, particularly in the southern part of the Yorkshire Dales, giving it a different character to that of the Dark Peak and Southern Pennines. It is known to geologists as a glacio-karst landscape and has many distinctive features, including bare rock outcrops, cave systems, scars, gorges and limestone pavements. In the north, alternating layers of strong sandstone and limestone with weaker shales give rise to the stepped profiles of Ingleborough and Pen-y-Ghent. Gritstone forms plateaux of high exposed moorland covered with heath and upland bog, as on the bleak landscape of Shunner Fell. In places, glacial deposits have been streamlined into drumlins – streamlined elliptical hills formed parallel to the direction of ice movement – creating the hummocky landscape of Ribbleshead.



Malham Cove

© Natural England/McCoy-Wynne

④ North Pennines

The North Pennines Area of Outstanding Natural Beauty (AONB), which the Way crosses between the Tan Hill Inn and Lambley, is characterised by some of the highest and wildest moorland summits in England, with less obvious evidence of human impact when compared with landscapes further south.

Much of the area coincides with a geological unit known as the Alston Block, which consists of a succession of Carboniferous sedimentary rocks which dip gently eastwards towards the North Sea. A large sheet of the igneous rock dolerite, which is extremely resistant to erosion, has intruded into the Carboniferous rocks, forming the Whin Sill. Outcrops are marked by dark columnar-jointed crags as at High Cup Nick. The abrupt boundary between the Whin Sill and the softer surrounding rocks gives rise to the spectacular waterfalls on the River Tees, such as the 21m fall at High Force.



Cross Fell

© Natural England/McCoy-Wynne

⑤ Tyne Gap

The Way crosses the Tyne Gap between Lambley and Warks Burn; a narrow but distinctive lowland corridor which separates the North Pennines from the Border Moors and Forests.

The character of the southern part of the Tyne Gap is influenced by the exposed and windswept upper slopes of the valley. North of the Tyne the landscape is more rugged, with outcrops of the Whin Sill forming craggy north-facing escarpments.

The Roman builders of Hadrian's Wall exploited the natural defensive opportunities provided by the Whin Sill escarpment.



National Trails in England and Wales

Approved but not yet opened



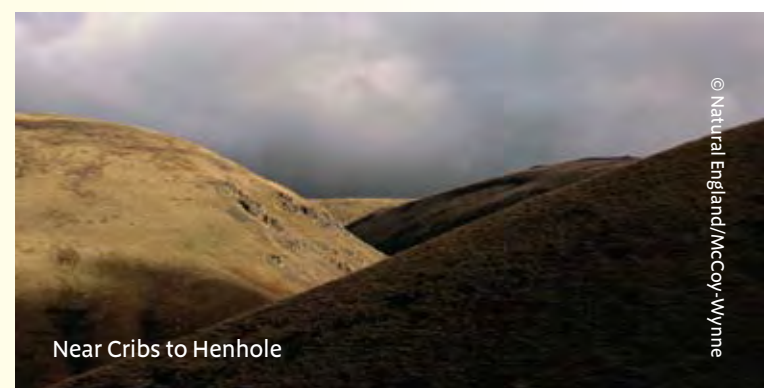
Sycamore Gap Hadrian's Wall

© Natural England/Graeme Peacock

⑥ Border Moors and Forests

The Pennine Way crosses the remote and sparsely populated upland plateau of the Border Moors and Forests between the North Tyne Valley and the Cheviots.

The area is underlain by sedimentary rocks of Carboniferous age. Resistant sandstones give rise to distinctive craggy landforms in the North Tyne Valley such as the Shitlington Crag. Some of the moors, such as those between the North Tyne and Redesdale valleys, are dominated by heather and are managed for grouse. These treeless moorlands contrast with the vast expanses of coniferous forest which dominate large parts of the area.



Near Cribbs to Henhole

© Natural England/McCoy-Wynne

⑦ The Cheviots

The northernmost section of the Way passes through the Cheviots.

The Cheviots are a smooth cluster of massive rounded hills composed of igneous rocks of Devonian age, making them older than the rocks further south. At the centre of the Cheviots, and forming the Cheviot itself is a large mass of granite. Deep narrow valleys radiate off from the central core. The upper slopes of the hills are known locally as 'white lands' due to the frosted appearance of coarse moorland grasses. On the northern slopes of The Cheviot, rocky outcrops and dramatic scree slopes ('glidders') protect relict communities of arctic alpine plants.