The best Trails in England and Wales

NATIONAL TRAILS

www.nationaltrail.co.uk

www.ccw.gov.uk

The nation's favourite walks and rides provide a range of walking, riding and cycling experiences in stunning, varied scenery and enchanted by the legacy of the nation's heritage. Welcomed by local people, inspired by the natural environment for its intrinsic value, the wellbeing and enjoyment of people and the economic prosperity it brings.

Natural England is here to conserve and enhance the natural environment for its intrinsic value, to know the countryside – prepare to be surprised. The National Trail acorn sign in the best condition.

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 supporting information to complement the official guides. This provides up to date details on services provided by local communities, such as nearby village pubs and convenient shops. There are also welcoming arrays of tea rooms, friendly baggage transfer, guided tours and the longer breaks.

Each National Trail has dedicated staff, often working with local volunteers, to look after the physical condition of the Trails to the highest standards, for the benefit of visitors. This includes regular fieldwork to maintain and improve the quality of the acorn sign, the way-marking along the route, and ensuring the purchaser of the publications enjoy the best Trails in England and Wales.

The 15 Trails are based on the nation’s most famous routes and provide opportunities for longer day trips, weekends away or longer breaks.

There is a series of day trips, weekends away or longer breaks.

Sections of some Trails are shared with other National Trails.

The purpose of the National Trails is to provide a public right of way on land where the public have an interest, whether that is for recreation, enjoyment or enjoyment of wild flowers, wildlife, views, history or heritage.

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

The nation’s favourite walks and rides
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.

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 cab enjoyed in a series of day trips, weekends away or longer breaks.
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.

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.
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.

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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www.facebook.com/thenationaltrails

To be supplied...
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.ccw.gov.uk

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Catalogue Code: NE157 (v.2 2013)
Walk in the footsteps of Count Dracula, explorer Captain Cook and legendary vet James Herriot. Visit the castles and observe birds like swimming walkers in spring and early summer. The scenery in Middleham to Teesdale and Duffton is fantastic and flowers beautifully in spring.”

**Pennine Bridleway**

Designed for horse riders and cyclists as well as walkers, this 353km (220 mile) Trail follows a mix of old packhorse and drove routes, as well as newly built trails. 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 Roman Wall and miles of earthworks along the 353km (220 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.”

**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 breaching walkers in spring and early summer. The scenery in Middleham to Teesdale and Duffton is fantastic and flowers beautifully in spring.”

**Peddars Way & Norfolk Coast Path**

Walk along the now grassy Roman road through the brocks 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 Morton for the sheer remoteness and beauty of the coast.”

**Offa’s Dyke Path**

Named after the last Welsh Prince of Wales, Owain Glyndŵr, this 237km (147 mile) Trail takes walkers nine days to complete, crossing open moorland, farmland, woodland and forests.

“No one should miss the long stretch between Llandinabo and Machynlleth. You feel like the last person on earth up there – it is all utterly peaceful.”

**Glyndwr’s 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.”

**Cotswold Way**

There are over 50 beaches along this spectacular 353km (220 mile) Trail which takes walkers between 30-90 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.”

**Pembrokeshire Coast**

“Experience the industrial heritage of the South Pennines on the 75km (47 mile) Trail on the England/Wales border following Offa’s Dyke - the giant earthenwork is Britain’s longest ancient monument. The Trail is open to walkers 10 days to complete.”

**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 245km (153 mile) history of our country.

“Don’t miss the long stretch between Ashbury and Letcombe Bassett has a wonderful history and views over the Thames Valley.”

**The Ridgeway**

Enjoy extensive views of rolling downs, wooded hills and the Thames valley on this 92km (57 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.”

**South Downs Way**

Stretching the entire length of the new South Downs National Park, this 80km (50 mile) Trail takes walkers 10-15 days to complete through peaceful water meadows, rural villages, historic towns and cities.

“The stretch between Loxwood 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.”

**Thames Path**

From the source almost to the sea this 98km (61 mile) Trail takes walkers 14 days to complete through peaceful water meadows, rural villages, historic towns and cities. The stretch between Loxwood 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.”