

THE UK TRAILWALKER'S HANDBOOK

INFORMATION

The UK has a network of recognised long-distance walking routes unrivalled anywhere in the world. Each one links individual footpath sections into a continuous trail that is actively promoted. Some, like The Monarch's Way, are linked with a historical figure, and others with a landscape feature such as The Thames or Offa's Dyke.

Compiled by the experts of the Long Distance Walkers' Association, this new edition of the UK Trailwalker's Handbook is an up-to-date directory of all of these routes, across Scotland, England, Wales and Northern Ireland. It combines descriptions and profiles, by region, of hundreds of waymarked routes, including the 19 National Trails, and many hundreds more enthusiasts' routes, with holiday ideas, inspirational articles, photographs and overview maps. In all, the guide covers over 700 routes and more than 40,000 miles.

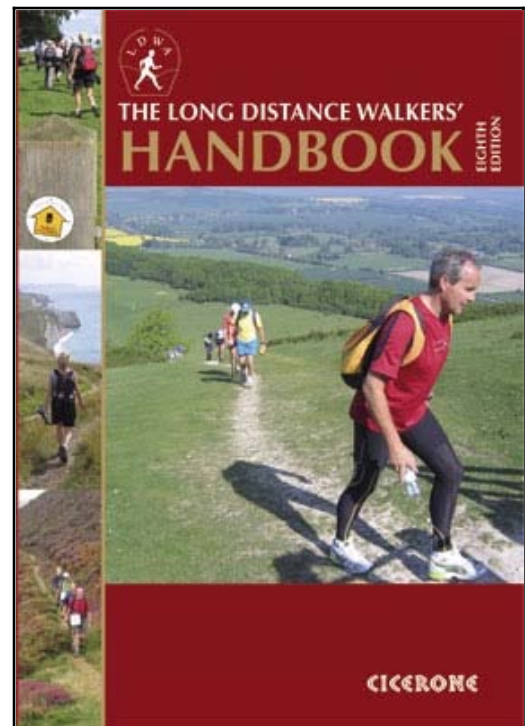
Over 16 million people a year walk along these routes, and with a growing appreciation of the health benefits of walking and the current trend for taking holidays at home, this book comes at just the right time. It will be indispensable both to the keen long-distance walker and to those newer to trail walking, providing the full toolkit to get them out for some great days on the trails!

THE AUTHOR

The Long Distance Walkers' Association (LDWA) is an Association of 6,500 members with the common interest of walking long distances in rural, mountainous or moorland areas. With a network of 41 local groups throughout the UK, it has been recognised as the Governing Body for Long Distance Walking since 1985.

OTHER TITLES

9781852843410 The Hillwalker's Manual
9781852843793 The South West Coast Path
9781852845049 The National Trails



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KEY MARKETING POINTS

- Comprehensive directory of the long-distance routes in the United Kingdom
- Details of over 700 routes
- The Long Distance Walker's Association is the recognised Governing Body for Long Distance Walking

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