

THE SOUTHERN UPLAND WAY

INFORMATION

The Southern Upland Way is Scotland's Coast-to-Coast Walk and the longest of the National Trails north of the Border. It runs for 212 miles (341km) from picturesque Portpatrick on the west coast across the Galloway and Border Hills to finish on the east coast at Cockburnspath south of Dunbar.

On the way it passes through remote and romantic country and visits many of the locations associated with Scotland's often turbulent past. Dalry, Sanquhar, Wanlockhead (Britain's highest village), Moffat, Galashiels, Melrose and Lauder are all staging posts en route.

The guidebook divides the walk into thirteen stages of varying length that will fill a two-week walking holiday in this relatively unknown area of Britain. The walk is at times a somewhat strenuous one, but advice is given on how all the longer stages may be broken down into shorter, more manageable sections. Possibilities for shorter walking holidays along the Way are also fully discussed. The guide is packed with information on the many places of interest passed en route and the historical connections are thoroughly discussed.

AREA MAP



THE AUTHOR

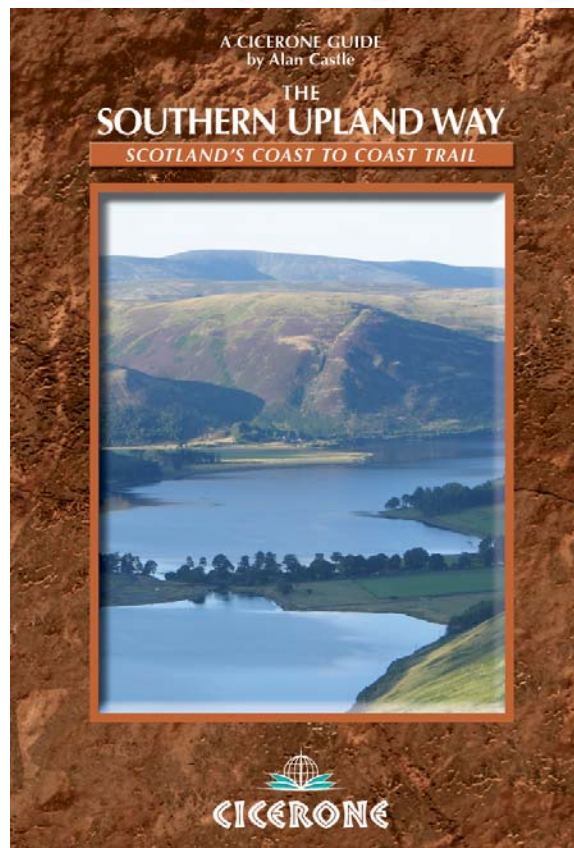
Alan Castle is a writer and photographer specialising in the outdoors, walking, backpacking, mountain walking, trekking and travel in the UK, Europe and worldwide. His interests include UK and European long distance trails, challenge walking, Munros and peak bagging, and adventure travel – he leads several walking holidays throughout Europe each year. He is an occasional contributor to a number of walking magazines and is a Fellow of the Royal Geographical Society and a member of the Austrian Alpine Club.

OTHER TITLES

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1852841680 Walking the Galloway Hills

1852843691 The West Highland Way



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PRICE: £12.00

ISBN (10): 1 85284 409 4

ISBN (13): 978 1 85284 409 7

CODE: 409

PUBLICATION: March 2007

AUTHOR: Alan Castle

CONTENTS: 17.2cm by 11.6cm. 224pp. Full colour throughout. PB PVC cover.

KEY MARKETING POINTS

- Important new guide by an established author
- Britain's first official coast-to-coast long-distance path
- Includes significant recent changes to the route

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