THE NATIONAL TRAILS

INFORMATION

National Trails were established as part of the post-war programme to keep areas of Britain "special" and to protect them from development. The first such route, the Pennine Way, opened in 1965, and since then another 14 have been designated in England and Wales, with a further 4 in Scotland.

Together, the National Trails cover well over 5000 kilometres (3100 miles), each one with unique qualities which explore the rich, scenic and historic countryside of Britain. Even the most dedicated long-distance walker would take over 200 days to walk them all, but most are happy to explore them one after another over several annual holidays.

With its route descriptions, photographs and profiles, this book is not only an invaluable reference for anyone researching our National Trails, but is in itself a celebration of these wonderful routes across Britain's landscape. Paddy Dillon has walked all the National Trails twice, and keeps abreast of all the latest developments.

THE AUTHOR

Paddy Dillon is a prolific outdoor writer with over thirty books to his name. He writes for a number of outdoor magazines and other publications, as well as producing information for tourism groups. Paddy has walked and written about every county in England, Scotland, Ireland and Wales. He has walked in many parts of Europe, Nepal, Tibet, Colorado and the Canadian Rockies. He is a member of the Oudoor Writers' Guild.

OTHER TITLES

978 1 85284 512 4 The End to End Trail

978 1 85284 379 3 The South West Coast Path

978 1 85284 447 9 The Cleveland Way and The Yorkshire Wolds Way

978 1 85284 392 2 Hadrian's Wall Path

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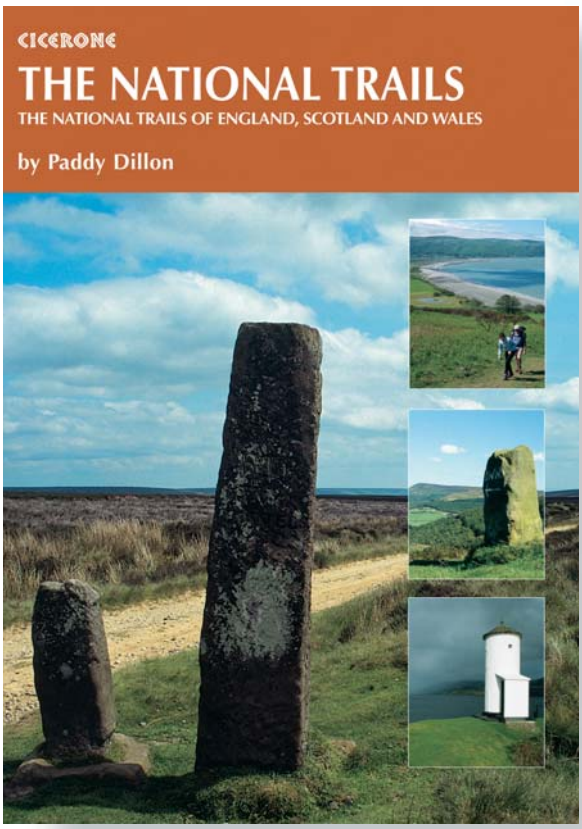

THE NATIONAL TRAILS

PRICE: £17.95

ISBN (13): 978 1 85284 504 9

CODE: 504

PUBLICATION: September 2007

AUTHOR: Paddy Dillon

CONTENTS: 24cm by 17cm. 256pp. Full colour throughout. PB.

KEY MARKETING POINTS

- The only complete guide to all the 19 UK National Trails.
- With superb photographs, route maps and profiles to help to give a real flavour of each trail.
- An ideal planning tool and a great 'armchair' read.

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