

THE NATIONAL TRAILS

Complete Guide to Britain's National Trails

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Author: **Paddy Dillon**

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An inspirational larger format guidebook to the 19 National Trails of Great Britain. Perfect for planning, the guide offers stage by stage overviews for every official long-distance trail in England, Scotland and Wales, as well as OS maps and route profiles.

National Trails criss-cross Britain and delve into some of the most stunning landscapes on offer. From the ultra-long South West Coast Path and Southern Uplands Way, to the white cliffs walking of the South Downs Way, the Roman remains of the Hadrian's Wall Path and wild walking of the West Highland Way, there are trekking opportunities for beginners to experienced walkers, all on clear trails and well signposted paths.

As well as whetting the appetites of any adventurer, this guidebook also provides background information on the evolution of the National Trails network, the sights to be seen on each walk and advice on how to prepare for a National Trail.

Key marketing points

- Second edition of the only complete guide to all 15 National Trails in England and Wales plus 4 of Scotland's Great Trails
- 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

About the author

Paddy Dillon is a prolific outdoor writer with over 60 guidebooks to his name, as well as more than a dozen booklets and brochures. He writes for a number of outdoor magazines and other publications, and produces material for tourism groups and other organisations. He lives near the Lake District and has walked in every county in England, Scotland, Ireland and Wales; writing about walks in every one of them. He has led guided walks and walked extensively in Europe, as well as in Nepal, Tibet, Africa and the Rocky Mountains of Canada and the US.

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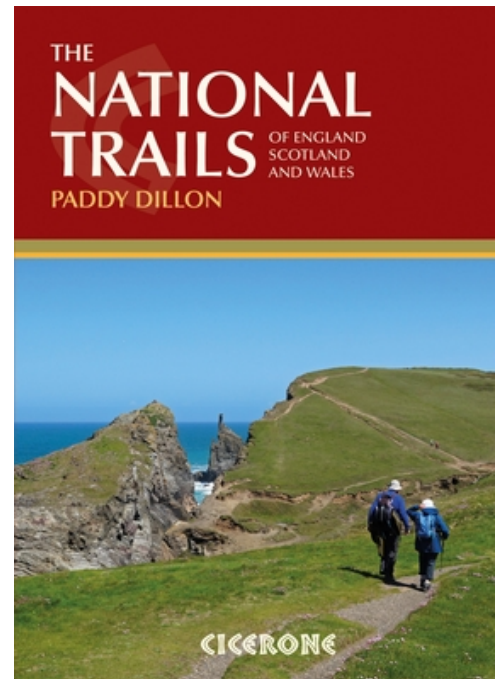
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