



NATIONAL TRAILS TRAVEL GUIDE

ENGLAND AND WALES

See www.nationaltrail.co.uk for more information on the trails

Trail	Trail suitable for DAY hikes from London?	Day hike base	Could you spend a WEEKEND (or long weekend) on the trail?	Possible weekend or long weekend start and end points (train stations)
Cleveland Way				Scarborough – Whitby
Cotswold Way			✓	Bath – Stroud, Stroud – Moreton-in-Marsh
Glyndŵr's Way				
Hadrian's Wall Path			✓	Carlisle - Hexham
North Downs Way	✓	Anywhere between Farnham and Wye	✓	Wye – Dover, Canterbury - Dover
Offa's Dyke Path			✓	Abergavenny – Knighton, Knighton – Welshpool, Welshpool – Llangollen, Llangollen - Prestatyn
Peddar's Way and Norfolk Coast Path				
Pembrokeshire Coast Path				
Pennine Bridleway				

Pennine Way			✓	Edale – Marsden/Diggle, Gargrave – Horton-in-Ribblesdale
The Ridgeway	✓	Tring (circular walk)	✓	Goring & Streatley – Princes Risborough
South Downs Way	✓	Lewes / Amberley (circular walks), Seaford to Eastbourne	✓	Winchester – Petersfield Petersfield – Amberley Amberley – Lewes Lewes - Eastbourne
South West Coast Path				
Thames Path	✓	Anywhere between Thames Barrier and Oxford	✓	Could stay overnight anywhere between Thames Barrier and Oxford
Yorkshire Wolds Way				

SCOTLAND

There are now 26 long distance routes in Scotland.

Below are the major four routes.

www.walkhighlands.co.uk/long-distance-routes.shtml

	Could you spend a LONG WEEKEND on the trail?	Possible long weekend start and end points (train stations)
West Highland Way	✓	Bridge of Orchy – Fort William (using sleeper train)
Speyside Way		
Southern Upland Way		
Great Glen Way		