

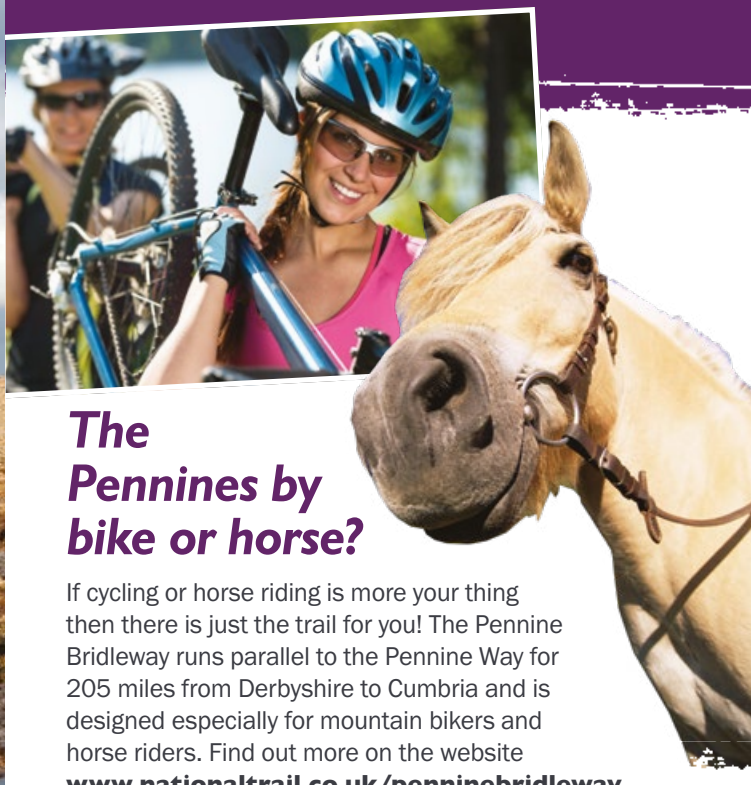
PENNINE WAY

NATIONAL TRAIL 

bleakly beautiful
RUGGED RIDGES
wind-tickled dales
CRASHING WATERFALLS
endless views
BIG BIG SKIES

How do I get there and back?

You can reach both ends of the Pennine Way, and many places in between, by public transport. Edale is only 35 minutes from Sheffield and 45 minutes from Manchester by train. Kirk Yetholm has a bus service to Kelso (30 minutes), where connections can be made to reach Newcastle or Edinburgh.



The Pennines by bike or horse?

If cycling or horse riding is more your thing then there is just the trail for you! The Pennine Bridleway runs parallel to the Pennine Way for 205 miles from Derbyshire to Cumbria and is designed especially for mountain bikers and horse riders. Find out more on the website www.nationaltrail.co.uk/penninebridleway



Northern hospitality

There are B&Bs, youth hostels and campsites to stay at along the length of the trail and many pubs and cafés in which to refuel after a long day of walking. There are also companies that will transport your bags each day to your overnight accommodation to save you carrying so much. You can find out about these and plan your visit using our website www.nationaltrail.co.uk/pennineway



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Front cover extracts from the Official Pennine Way Guide courtesy of author and outdoor journalist Damian Hall. Design by roomfordesign.co.uk

www.nationaltrail.co.uk/pennineway

Looking for adventure?

Steeped in history, the Pennine Way chases the mountain tops along the rugged backbone of England and offers 268 miles of the finest upland walking in England. This trail rewards your efforts by the bucket load. A once in a lifetime experience.

"I spent five days on the Pennine Way from Malham to Dufton in August 2016 with my son. **The memory will live with me forever.** One day I was so exhausted I couldn't speak: then I fell in a bog and walked a mile in my underpants. But I wouldn't change a thing. **The sense of achievement was beyond anything I've ever experienced** – and doing it with my son only added to that."

MARK RICHARDS
Author of Father, Son, and The Pennine Way



Something for everyone

The Pennine Way can be tackled in many different ways. The classic challenge is to walk from one end to the other in 16 to 18 days. The fastest known time to complete the trail is less than 3 days! The trail can be broken down into shorter sections or circular walks and enjoyed over the course of several day or multi-day visits; over 60 options are available on our website. A short stroll along the trail will take you to some of the north's most iconic landmarks including Malham Cove and High Force.



A trail for all seasons

Summer is the most popular time to walk the Pennine Way; the weather is most reliable, days are long, and fields are alive with wildflowers. Heather flowers in autumn, creating a purple blanket over the moors. The weather may be cooler and wetter, but this is still a great time to explore the trail. Winter days are short and snow and ice become real possibilities. During spring birdlife is abundant, but be prepared for snow on high ground.



What about the bogs?

You've probably heard horror stories about people sinking up to their waists in peat along the Pennine Way. The boggiest bits of the trail have been paved in recent years with reclaimed stone slabs from old mills to protect the vulnerable peat bogs and to provide a safe and easy crossing for walkers.



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The Cheviots

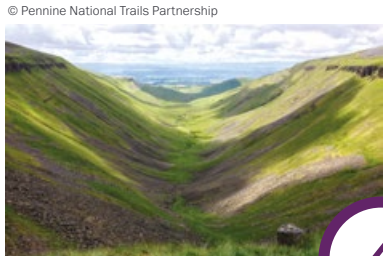


Hadrian's Wall



© Laurie Lambeth

Cross Fell

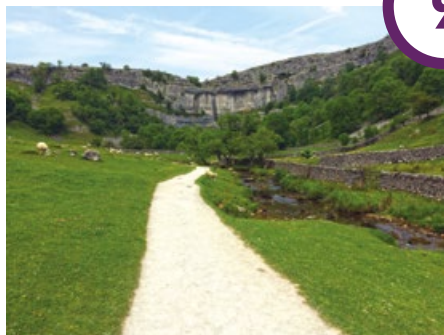


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High Cup Nick

"The Pennine Way is a trail like no other. It will reward your efforts with **staggeringly beautiful views**, with the human kindness that surrounds its every mile and with the unshakeable confidence that comes from **achieving something that enchants and tests** in equal measure."

NICKI LYGO
3-time Pennine Way walker



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Malham Cove



Stoodley Pike



Kinder Scout



PENNINE WAY

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England and Wales



High Force



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Low Force

Hardraw Force

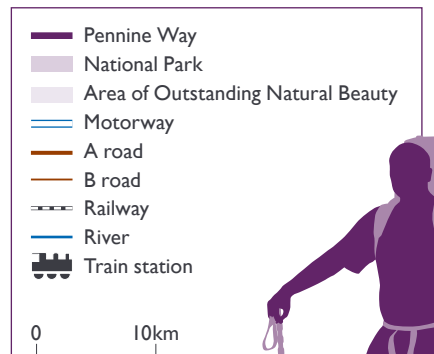


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Pen-y-ghent

LEEDS



www.nationaltrail.co.uk/pennineway