

The best Trails in England and Wales

nationaltrail.co.uk

NATIONAL TRAILS

Getting there

All of the National Trails are within easy reach of buses, trains and the services of nearby towns and villages. In fact nowhere in England or Wales is more than 50 miles / 80 km from a National Trail.





Caring for the Trails

Each National Trail has dedicated staff, often working with local volunteers, to look after the physical features of the Trail, keeping paths, gates, stiles and signs in the best condition.

The England Coast Path

Once completed the England Coast Path National Trail will be **approximately 2,700 miles long**. Whether you're looking for a short stroll or a multi-day challenge, you'll find the trail is clearly signed and well-maintained.

There will be access to the 'coastal margin', the land between the trail and the sea (certain types of land will be exempt or restricted) and uniquely, the trail can move if needed in response to changes at the coast such as erosion.

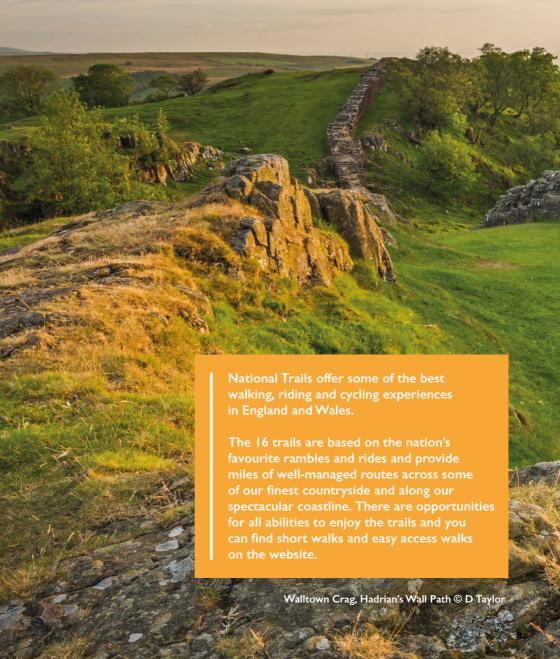
From dramatic scenery to incredible wildlife, picturesque villages to vibrant ports, the trail will link people and nature around England's amazing coastline.

Boggle Hole, Cleveland Way © Tony Bartholomew









Where to find the National Trails



As at February 2023

National Park



Cleveland Way

Starting from the attractive market town of Helmsley, the Cleveland Way heads across the breathtaking heather moorland of the North York Moors National Park, reaching the coast at Saltburn-by-the-Sea. From here it's a visual feast along the coastline to Filey, passing old fishing villages and lively coastal towns.

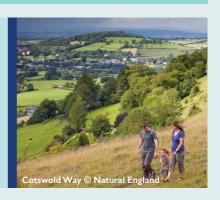
Start: Helmsley, North Yorkshire End: Filey, North Yorkshire Length: 109 miles / 175 km

Cotswold Way

Indulge in a quintessentially English experience with this idyllic walk through the Cotswolds to the Roman city of Bath. Step through flower-filled meadows, peaceful beech woodland, charming towns, quaint villages and historic sites and enjoy the wonderful views from the Cotswold escarpment.

Start: Chipping Campden, Gloucestershire

End: Bath, Somerset Length: 102 miles / 164 km





England Coast Path

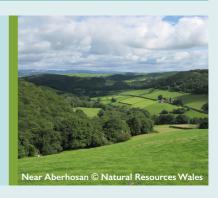
Opening in stages, this amazing new trail will link iconic places and heritage on the coast with the less well-known, unlocking some parts of our coast for the first time. The Trail will follow the entire coast of England and, at almost 2,700 miles long once completed, will be the longest managed coast path in the world.

To see what's already open and plan your visit see nationaltrail.co.uk

Glyndŵr's Way

Meandering through stunning countryside, this Trail offers peace and quiet as you explore the open moorland, rolling farmland and forest of mid-Wales. Look out for red kites, peregrine falcons and if you're lucky, an osprey. Named after Owain Glyndŵr, the last Welsh Prince of Wales, the Trail passes many historic Welsh sites.

Start: Knighton, Powys End: Welshpool, Powys Length: 135 miles / 217 km





Hadrian's Wall Path

Passing through some of England's most beautiful landscapes, from rolling fields and rugged moorland to vibrant cities, Hadrian's Wall Path follows the line of the Hadrian's Wall UNESCO World Heritage Site stretching from coast to coast across northern England.

Start: Wallsend, Tyne and Wear End: Bowness-on-Solway, Cumbria Length: 84 miles / 135 km

North Downs Way

Cutting across the South East of England, this Trail offers spectacular scenery, picturesque villages and glorious countryside, easily accessible from London. From Stone Age burial sites to cathedrals, pilgrim churches, vineyards and WW2 gun emplacements, England's history is etched across this Trail.

Start: Farnham, Surrey End: Dover, Kent

Length: 153 miles / 246 km





Offa's Dyke Path

From the cliffs of Sedbury in the south to the sandy beaches of Prestatyn in the north, landscape and history change daily as you walk along this Trail on the England/Wales border. Walk in the footsteps of Romans and Vikings, Princes and Kings as the Trail follows the ancient monument known as Offa's Dyke, steeped in legend.

Start: Sedbury Cliffs, Gloucestershire End: Prestatyn, Denbighshire Length: 177 miles / 285 km

Peddars Way and Norfolk Coast Path

Follow this Trail along a now grassy Roman road through the Brecks and open arable farmland to the coast. Experience seaside towns and villages, tidal marshes teeming with wildlife, wide sandy beaches, pine woodlands and huge skies. A trail of tranquil landscapes, sand dunes and salt marsh, sea air and warm welcomes.

Start: Knettishall Heath Country Park, Suffolk End: Cromer, Norfolk Length: 92 miles / 148 km





Pembrokeshire Coast Path

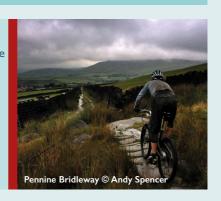
The Pembrokeshire Coast Path twists and turns its way along awe-inspiring coastline. It takes in every kind of maritime landscape from rugged cliff tops and sheltered coves to wide-open beaches and winding estuaries. Lying almost entirely within the Pembrokeshire Coast National Park, the trail has an impressive array of flora and fauna.

Start: St Dogmaels, Pembrokeshire End: Amroth, Pembrokeshire Length: 186 miles / 299 km

Pennine Bridleway

Designed for horse riders and cyclists as well as walkers, the Pennine Bridleway is the perfect way to explore the varied landscapes and industrial archaeology of the Pennines. Following ancient packhorse routes and drovers' roads the Trail provides a real sense of stepping back in time.

Start: Middleton Top, Derbyshire End: Ravenstonedale, Cumbria Length: 205 miles / 330 km





Pennine Way

The Pennine Way is Britain's oldest, and arguably most famous, Trail – and a journey to be made at least once in a lifetime. Steeped in history and traversing magnificent landscapes, this iconic Trail chases the mountain tops along the rugged backbone of England from the hills of the Peak District to the Scottish Borders.

Start: Edale, Derbyshire End: Kirk Yetholm, Scottish Borders

Length: 268 miles / 431 km

South Downs Way

Open to walkers, horse riders and cyclists the Trail follows old routes and droveways along the chalk escarpment and ridges of the South Downs. Enjoy the sensational long-distance views, delightful villages, thatched pubs and cosy tea rooms. Get away from it all without having to travel too far in this busy part of England.

Start: Winchester, Hampshire End: Eastbourne, East Sussex Length: 100 miles / 160 km





South West Coast Path

The rugged cliff tops, sheltered estuaries, beaches, intimate coves and sleepy villages of the South West coast have seduced people for centuries. With dramatic coastal scenery and incredible views of surrounding countryside each step brings new experiences, this Trail offers something for everyone.

Start: Minehead, Somerset End: Poole Harbour, Dorset Length: 630 miles / 1,014 km

Thames Path

Follow the greatest river in England through peaceful, wildlife-rich water meadows, unspoilt villages and historic towns as it meanders from its source in the Cotswolds through several rural counties into the heart of London. At Woolwich the Trail meets the England Coast Path, taking you from the source to the sea.

Start: Near Coates, Gloucestershire End: Woolwich, London Length: 185 miles / 298 km





The Ridgeway

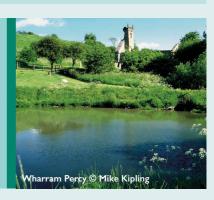
Popularly known as 'Britain's oldest road', The Ridgeway follows the same route used since prehistoric times by travellers, herdsmen and soldiers. Enjoy extensive views of rolling downs and wooded hills on a trail surrounded by ancient sites. The western half of the Trail is also open to cyclists and horse riders.

Start: Avebury, Wiltshire End: Ivinghoe Beacon, Buckinghamshire Length: 87 miles / 140 km

Yorkshire Wolds Way

Wending its way through the Yorkshire Wolds, the Trail passes through some of the most tranquil and gentle countryside in England. From the mighty Humber estuary, along wooded slopes and serene dry chalk valleys, the walk climbs gently to the tops of the rolling hills where on a clear day "you can see forever".

Start: Hessle, East Riding of Yorkshire End: Filey, North Yorkshire Length: 79 miles / 127 km





The Countryside Code

Your guide to enjoying parks and waterways, coast and countryside. Respect everyone – Protect the environment – Enjoy the outdoors.

countrysidecode.org

To find out more or plan your trip visit: nationaltrail.co.uk

Whether you're planning a trip of a few hours or several weeks you can use the website's **interactive map** to find accommodation, places to eat and drink, visitor services and short walks.





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