



The UK Trailwalker's Handbook

Long Distance Walkers Association

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The UK Trailwalker's Handbook is a directory of long-distance paths (LDPs) in England, Scotland, Wales and Northern Ireland compiled by the Long Distance Walkers Association (LDWA), covering 730 national trails, long-distance paths and anytime challenges, with regional overview maps and an index of walking guide publishers and support companies. The UK has a network of long-distance trails unrivalled anywhere in the world, currently covering 60,000 miles of footpath and growing steadily. Millions of people walk along them every year - some walking a complete route, some just walking a stretch on holiday, at weekends or even as part of their daily commute. Combining exercise, challenge and exploration with minimal impact on the environment, little cost and a real benefit to local communities, trailwalking is hard to beat. But where are all these trails and what are they like? How do you find one that suits you and matches your timescale? What maps, guidebooks or websites do you need and where can you find them? Does anyone run a 'sherpa' service? These questions and many more are answered by this eighth edition of The UK Trailwalker's Handbook giving you all the information you need to select the best route.

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