



# The National Trails: The National Trails of England, Scotland and Wales

*Paddy Dillon*

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National Trails were established as part of the post-war programme to keep areas of Britain 'special' and to protect them from development. The first such route, the Pennine Way, opened in 1965, and since then another 14 have been designated in England and Wales, with a further 4 in Scotland. Together, the National Trails cover well over 5000 kilometres (3100 miles), each one with unique qualities which explore the rich, scenic and historic countryside of Britain. Even the most dedicated long-distance walker would take over 200 days to walk them all, but most are happy to explore them one after another over several annual holidays. With its route descriptions, photographs and profiles, this book is not only an invaluable reference for anyone researching our National Trails, but is in itself a celebration of these wonderful routes across Britain's landscape. Paddy Dillon has walked all the National Trails twice, and keeps abreast of all the latest developments.



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