# Walking the King Charles III England Coast Path: North

## West

NATIONAL TRAIL - Cumbria, Lancashire and Merseyside Coast

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Author: **Ange Harker** LAM with flaps , 232 pages

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A guidebook to walking the northwest section of the King Charles III England Coast Path between Gretna and Chester. Covering 590km (367 miles), this straightforward trail along the Cumbria, Lancashire and Merseyside coast takes around 1 month to hike.

The route is described from north to south in 28 stages between 13 and 29km (8-18 miles) in length.

- Contains step-by-step description of the route alongside 1:50,000 OS maps
- Refreshment information given for each route stage
- Public transport by stage is listed for those wanting to break the trail into shorter sections
- Handy trek planner, route summary tables and accommodation listings help you plan your itinerary
- Accompanying map booklets containing OS 1:25,000 mapping and route line are also available

#### About the author

Ange Harker is a farm-raised outdoor writer from Nidderdale, with work published in Trail, Country Walking and Lakeland Walker; and an alumni of the Rural Writing Institute and Kendal Mountain Literature Festival's Open Mountain programme. She's also a qualified walking guide having led across England and Wales, including many rounds of the Yorkshire Three Peaks. For the last decade Ange has been a member of Natural England's Coastal Access Delivery Team in the north west; collectively devising, planning and proposing the eventual route all the way from the Scottish border at Gretna to the Welsh border on the Dee Marshes, and with a special interest in accessibility.

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