

Walking the Coast to Coast

Path Trail Map

Complete 1:25,000 OS trail map for the full National Trail

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Walk one of the UK's most iconic long-distance trails on the Coast to Coast Path National Trail, crossing northern England from St Bees on the Irish Sea to Robin Hood's Bay on the North Sea. Covering 182 miles (293km), the route links the Lake District, Yorkshire Dales and North York Moors, offering a memorable journey through mountains, valleys, moorland and historic countryside.

Beginning with a clifftop walk at St Bees Head, the trail heads inland into the western Lake District before crossing limestone uplands near Shap and entering the Yorkshire Dales. From the high crossing of Nine Standards Rigg, the route continues through Swaledale and Richmond, across the Vale of Mowbray and over the heather moorland of the North York Moors to finish at the North Sea.

This 1:25,000 OS trail map shows the entire route in 13 stages and includes route statistics, GPX downloads and Ordnance Survey Explorer mapping to help plan and navigate this classic end-to-end walk across England.

An accompanying Cicerone guidebook - *Walking the Coast to Coast Path* / 9781786312068 - describes the full route with lots of other practical information, for those who prefer a written guide. NOTE: The accompanying guidebook INCLUDES a copy of this trail map.

Key marketing points

This trail map is included with the Cicerone guidebook *Walking the Coast to Coast Path*, or as a standalone product

About the author

Lancashire-born writer and photographer Dr Terry Marsh specialises in the outdoors and travel. He has been writing guidebooks and magazine articles since the early 1980s and is the author or revision author/editor of over 100 titles including the award-winning Cicerone guides to the Coast to Coast Path (first published in 1993 as *A Northern Coast to Coast Walk* and which received the Outdoor Writers Guild Award for Excellence in 1994), *The Shropshire Way* and *Wild Edric's Way* (1999) and *Great Mountain Days in the Pennines* (2013). He has been a Cicerone author since 1991. Terry has a long-standing interest in Cumberland, Westmorland and North Yorkshire, in particular the Lake District, the Yorkshire Dales and the North York Moors. An historical geographer holding a Master of Arts degree with Distinction in Lake District Studies and a PhD in Historical Geography, he is a Life Member and former

Secretary of the Outdoor Writers and Photographers Guild.

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