

Walking the South West Coast Path

National Trail From Minehead to South Haven Point

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A guidebook to walking the South West Coast Path, a long-distance National Trail from Minehead to Poole, along the north Devon, Cornish, south Devon and Dorset coastline. Covering 1022km (635 miles), this epic route takes in Exmoor National Park and the Jurassic Coast World Heritage Site and takes around 4 weeks to walk.

The route is described in 45 stages between 12 and 38km (7.5-24 miles) in length. Also described is the 17-mile South Dorset Ridgeway, from West Bexington to Osmington Mills, which can be used as a scenic way to shave 42 miles off the total distance.

- **1:50,000 OS maps** for each stage
- **GPX files** available to download
- Detailed information about **accommodation, refreshments and facilities** along the route
- Advice on **planning and preparation**

Key marketing points

The entire route in one guidebook Day-by-day route descriptions covering 45 stages Brief notes on places of interest and planning information Inland alternative routes suggested where appropriate including the South Dorset Ridgeway

About the author

Paddy Dillon is a prolific walker and guidebook writer, with over 100 guidebooks to his name and contributions to 40 other titles. He has written for several outdoor magazines and other publications and has appeared on radio and television. Paddy uses a tablet computer to write as he walks. His descriptions are therefore precise, having been written at the very point at which the reader uses them. Paddy is an indefatigable long-distance walker who has walked all of Britain's National Trails and several European trails. He has also walked in Nepal, China, Korea and the Rocky Mountains of Canada and the US.

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