

# Walking in Cornwall

40 coast, country and moorland walks

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40 of the best walks in Cornwall are described in this guidebook. From cliff-top paths, to historical strolls and wilder adventures on Bodmin Moor. While some of the routes offer longer days with plenty of challenge, most of the walks are short and easy, suitable for all abilities, but with plenty of scope for combining walks into longer trails.

Cornwall has a lot to offer walkers, from the justly famous coast with rugged cliffs and broad beaches, to the long rolls of moorland inland. And nestled in valleys and harbours are plenty of picture-perfect villages providing rest and a bite to eat. This guidebook provides a blend of practical advice and background information to ensure you get the best out of any visit.

## Key marketing points

Popular area for year-round walking Includes walks on Bodmin Moor, Land's End and The Lizard 40 walks throughout the county

## About the author

Graham Uney is based near Bala in the Snowdonia National Park. In addition to writing Cicerone guidebooks, he works as a freelance journalist for a number of outdoor and wildlife magazines. This is Graham's sixth guidebook for Cicerone, and is his 16th title overall. Graham also runs a small outdoor activity business, Wild Walks Wales, as well as skills courses for walkers and mountaineers. He's a qualified Mountain Leader (summer and winter), and is now working towards his Mountain Instructor Award.

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