

WALKING THE SOUTH WEST COAST PATH

National Trail From Minehead to South Haven Point

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This guide describes the South West Coast Path (SWCP), Britain's longest waymarked trail at a staggering 630 miles (1015km), from Minehead on the Somerset coast right round Devon and Cornwall and back to Poole harbour in Dorset. Also described is the 17 mile South Dorset Ridgeway, which can be used as a scenic way to shave 42 miles off the total distance.

The guide provides a wealth of detailed knowledge to help tackle this immense route with confidence, with lots of information for planning a trek, including public transport links, accommodation and facilities along the way. Although the route is long, it is described step-by-step and should be accessible for any well-prepared backpacker, with days varying from fairly easy to difficult and always dependent on the weather conditions, which can make cliff-top walking dangerous.

This epic route takes in Exmoor National Park, several Areas of Outstanding National Beauty and the Jurassic Coast World Heritage Site. No other stretch of coastline compares for scenic splendour, historical sites and availability of refreshments, accommodation and public transport, and it is easy to split the SWCP into week or weekend-long sections should you so wish.

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 outdoor writer with over 90 guidebooks to his name, and contributions to 40 other publications. He has written for a variety of outdoor magazines, as well as for tourism organisations. Paddy lives near the Lake District and has walked in every county in England, Scotland, Ireland and Wales, writing about walks in every one of them.

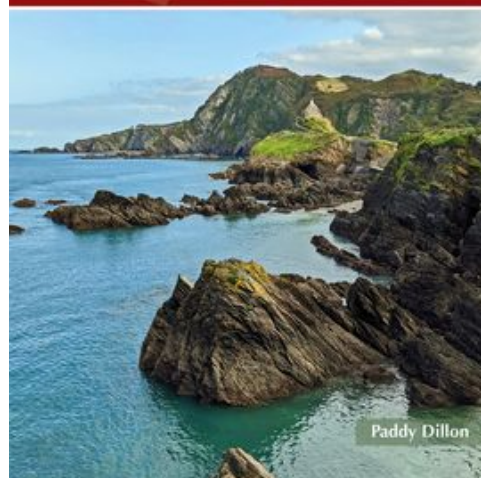
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