

THE PEDDARS WAY AND NORFOLK COAST PATH

ISBN: **9781852847074** (Short Code: 707)

Publication Date: **August 2018**

Price: **£12.95**

Edition: **First**

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Paperback Gloss Laminated, 128 pages

17.2cm x 11.6cm

Eight detailed stages in this guide describe the Peddars Way and Norfolk Coast Path – an easy-to-follow 96-mile national trail that combines the best of inland and coastal walking, and is ideal for those new to long-distance walks. The guide shows how to complete it over a week or, using excellent public transport links, split it over a series of weekends or one-day excursions.

The national trail is a walk of two halves. The Peddars Way begins at Knettishall Heath in Suffolk and follows the route of an old Roman road for over 40 miles to Holme-next-the-Sea, where it meets the Norfolk Coast Path (which begins nearby, at Hunstanton). As one, the trails then follow the coast to the seaside town of Cromer.

The terrain underfoot covers wild marshland, forest tracks and sandy beaches, while expansive skies give impressive views from start to finish. The book gives interesting details on the multitude of historic sites, picturesque villages and array of wildlife passed along the way, and lists accommodation options at each stage.

Key marketing points

- A National Trail that is ideal as a first long-distance route
- Can be walked within one week, or split over several weekends
- The Peddars Way follows an old Roman road, while the Norfolk coast path explores the marsh, beaches and wildlife of the area

About the author

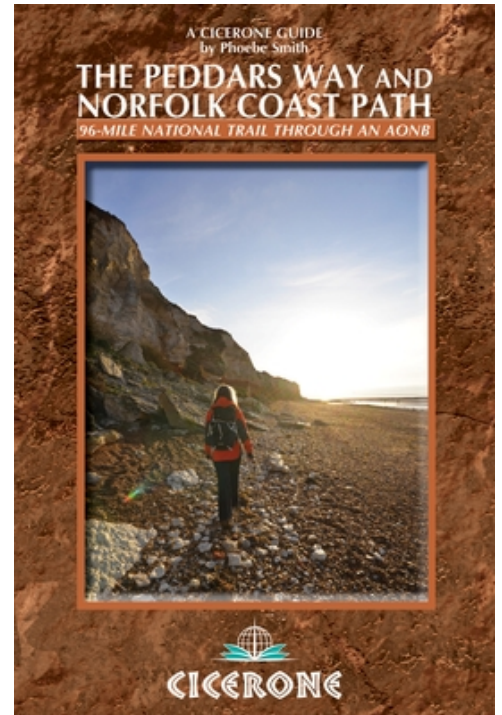
Phoebe Smith grew up on the edge of Snowdonia National Park and was bitten by the outdoor bug early. Her love of dramatic landscapes has since led to global walking and backpacking adventures, from the Australian outback to the Arctic Circle. It is the UK, however (in particular its coastal areas), that holds a special place in her heart.

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