

ST OSWALD'S WAY AND ST CUTHBERT'S WAY

With the Northumberland Coast Path

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This guidebook describes two long-distance trails through Northumberland and the Borders. St Oswald's Way runs for 157km (97 miles) from Heavenfield, near Hadrian's Wall. St Cuthbert's Way is 100km (62 miles), starting at Melrose. Both end at Holy Island (also known as Lindisfarne). Detailed route descriptions and clear, step-by-step instructions are accompanied by 1:50,000 OS mapping.

Both routes pass through the Northumberland National Park and the Northumberland Coast Area of Outstanding National Beauty. The Northumberland Coast Path, which both routes partially follow, is also described here.

From rugged hills to coastal dunes, Iron Age forts to medieval abbeys and a scattering of exceptionally impressive castles, this is one of Britain's most beautiful landscapes for walking and backpacking far away from it all.

Key marketing points

- Each trail can be walked within a week
- Trails pass key attractions including Hadrian's Wall and Holy Island
- Good public transport links
- Unspoilt scenery and plentiful historic interest
- Well-maintained, clearly marked trails

About the author

Rudolf Abraham was born in London and began travelling at an early age. He has travelled extensively in eastern Turkey, the south Caucasus, Iran and the Central Asian republics, and spent 10 years based in New Zealand. History, culture and languages remain his primary interest. He lived in Croatia from 1999 to 2001, working as an English teacher in Zagreb, and has made numerous trips into the mountains of Croatia and Slovenia. He has contributed introductions to books on Central Asia, Armenia and Afghanistan.

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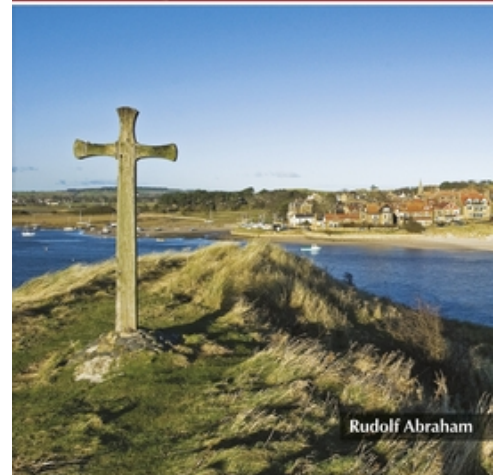
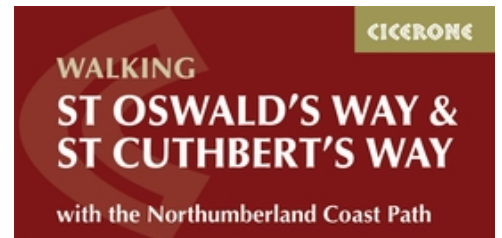
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