

GLYNDWR'S WAY

A National Trail through mid-Wales

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Author: **Paddy Dillon**

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This guidebook provides all the information you need to follow the Glyndwr's Way National Trail. Set in the remote mid-Wales landscapes roamed by the famed 15th-century hero Owain Glyndwr, the last native Prince of Wales, the trail extends from Knighton to Welshpool, a total of 135 miles, and it is most suited to experienced long-distance walkers. It is divided into nine stages of around 15 miles and accommodation is available at the end of each day. Keen walkers can easily add another couple of days' walking by following the fine stretch of Offa's Dyke Path that runs for 29 miles between Welshpool and Knighton to make a circular route.

Through unfrequented and sparsely populated countryside, Glyndwr's Way covers a succession of hills, valleys and forests, where walkers often feel they have the whole trail to themselves. Some of the higher parts feature open moorlands, where you can watch for red grouse, curlew, snipe and hen harrier. There are a handful of towns along the way, with a scattering of small villages and abundant small farms.

Route descriptions include information on time, distance, refreshments and transport, and are accompanied by 1:50K OS mapping. There is also a route summary table, along with details of facilities and accommodation along the way.

Key marketing points

- A fully waymarked National Trail, which links directly with a section of Offa's Dyke Path
- Good access to both ends of the trail by rail from Shrewsbury

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 many booklets and brochures 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. He enjoys simple day walks, challenging long-distance walks, and is a dedicated island-hopper.

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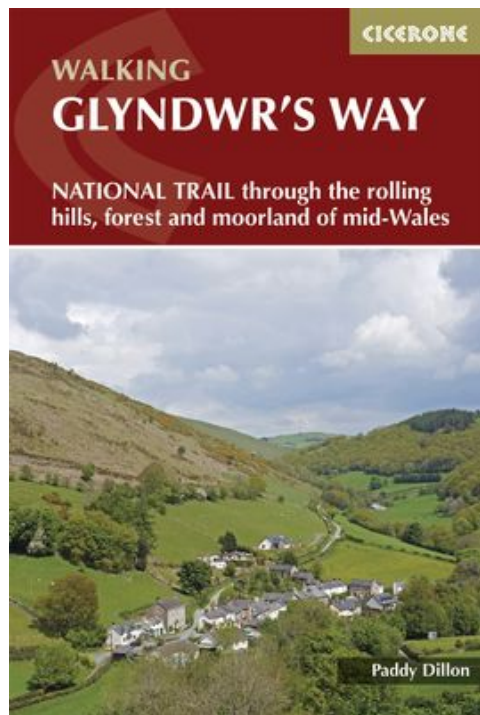
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