

THE SOUTHERN UPLAND WAY

Scotland's Coast to Coast trail

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The Southern Upland Way is Scotland's coast-to-coast walk and the longest of the nation's Great Trails. 215 miles long, it links the pretty harbour village of Portpatrick on the west coast with Cockburnspath, a little south of Dunbar, in the east. Crossing the remote high moorland of the Border hills, the walk is at times a somewhat strenuous one, but this guide presents advice on how best to tackle the route and break it down into manageable stages. The trail can be completed in around a fortnight. Walkers have the option of staying in some of the historic towns and villages of the Border region, or of backpacking, taking advantage of campsites, wild camping opportunities and the five unmanned bothies on or close to the route.

The trail is presented in fourteen stages of 9–19 miles and suggestions for a 'rest day' exploring Moffat and its environs are also included. 1:50,000 OS mapping accompanies clear route description, and the guide is packed with information on the many places of interest passed and the route's historical connections. The practicalities are also thoroughly covered, with notes on planning, transport, accommodation and luggage transfer and vehicle support services.

The little-known Southern Uplands have much to offer the discerning walker and the Southern Upland Way offers a perfect opportunity to experience this captivating region.

Key marketing points

- One of Scotland's Great Trails

About the author

Alan Castle has trekked and cycled in over 30 countries and has written 18 guidebooks. He is a member of the Outdoor Writers and Photographers Guild. An erstwhile national secretary and long-distance path information officer of the Long Distance Walkers Association, Alan now lives at the foot of the Moffat Hills in Scotland.

Ronald Turnbull writes regularly for TGO, Lakeland Walker, Trail and Cumbria magazines. He has written many other Cicerone guides, including Walking in the Lowther Hills, The Book of the Bivvy and Not the West Highland Way.

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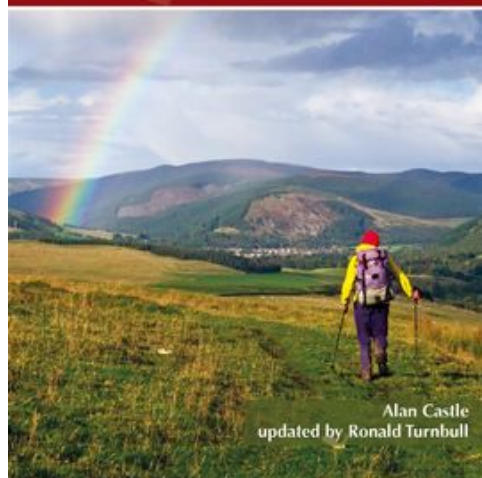
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