

PRESS RELEASE

Walk in the footsteps of a Welsh national hero

GLYNDWR'S WAY

Front cover

A National Trail through mid-Wales
by Paddy Dillon

This guide provides all the information walkers need to complete the 217km (135 mile) Glyndwr's Way National Trail. In nine day stages and beginning at Knighton, the route loops west to Pen Pumlumon Fawr then leads north-west to Machynlleth (where it links with the Wales Coast Path), before turning east to finish at Welshpool. The guide also offers two further stages of an additional 47km (29 miles), heading south on Offa's Dyke Path back to Knighton, making an 11-stage circuit, each one averaging around 24km (15 miles). With lots of ups and downs and careful attention requiring to be paid to waymarking at times, the route is most suited to experienced long-distance walkers.

Through unfrequented and sparsely populated countryside, Glyndwr's Way covers a succession of hills, valleys and forest where walkers often feel they have the whole trail to themselves. These are the remote mid-Wales landscapes roamed by the famed 15th-century hero Owain Glyndwr, the last native Prince of Wales. Walkers follow in his footsteps as they explore the green heart of Wales, where frequent twists and turns continually change the scenery. 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. Accommodation is available at the end of each stage and is listed in full in the appendix. There is also a route summary table.

What's inside?

- nine day stages on Glyndwr's Way and two on Offa's Dyke Path
- 1:50K OS map extracts
- information on available facilities and accommodation options

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. He has led guided walks and walked extensively in Europe, as well as in Nepal, Tibet, Korea, Africa and the Rocky Mountains of Canada and the United States.

Key information

Published May 2018

By Paddy Dillon

£12.95

176pp

Paperback Gloss Laminated

ISBN: 9781852849504

- 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

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