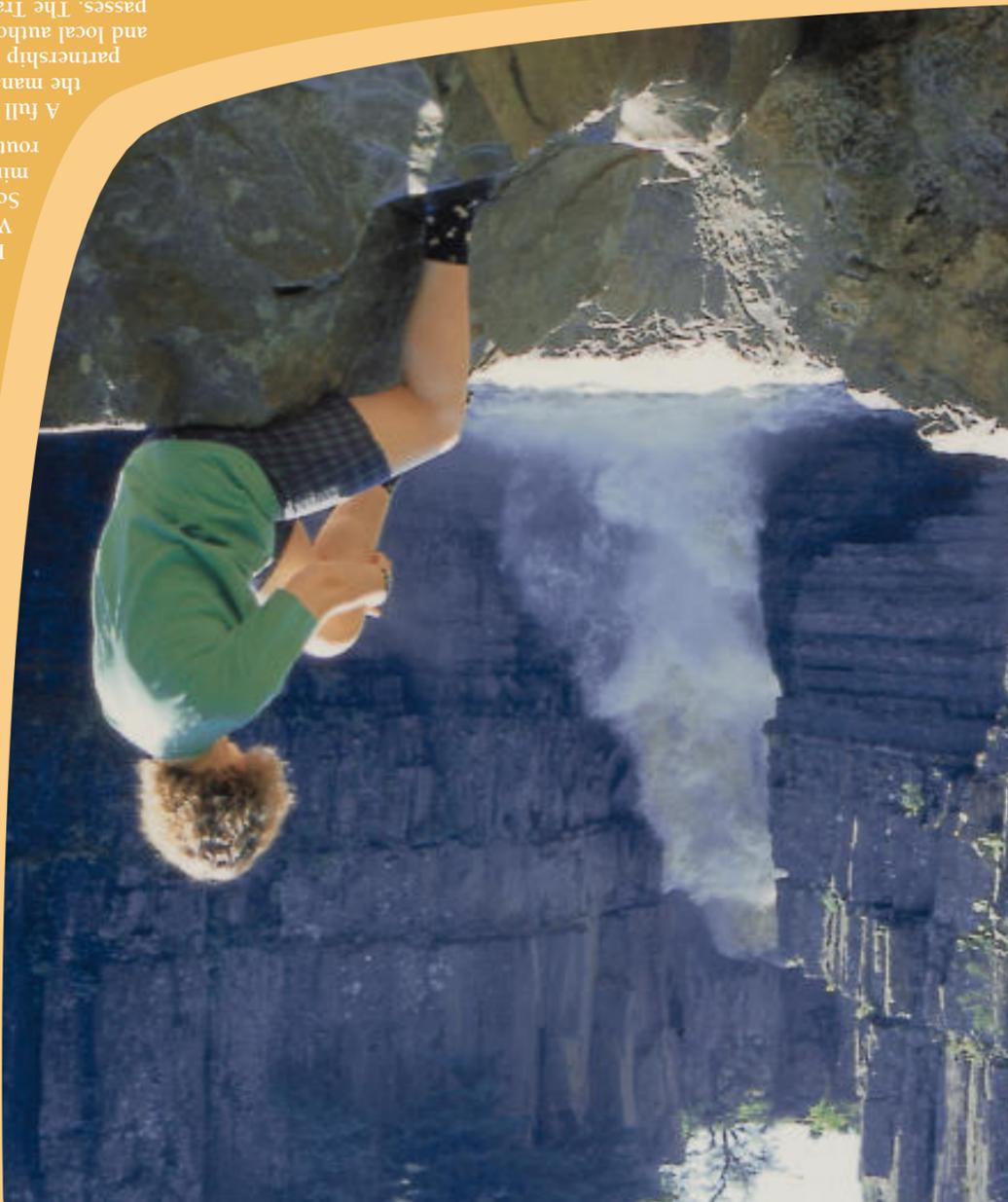


Once in a Lifetime...



The 268 mile (429km) Trail chases the Pennine Hills along the backbone of England from Derbyshire, through 3 National Parks, over Hadrian's Wall and on to the Scottish Borders using old miners tracks, packhorse routes and drove roads. A full time Officer coordinates the management of the Trail in partnership with the National Parks and local authorities through which it looked after to high standards to ensure one of the best walking experiences in Britain.



There are many hotels, bed and breakfasts, hostels, bunk barns and campsites close by with good public transport links to nearby towns and cities. Accommodation can be booked in advance and there are luggage carrying services available for those who appreciate them.

**Places to Stay**



Today many walkers, in search of an adventure, take up the challenge of completing the Trail in one continuous walk over a couple of weeks. Others choose to enjoy it over a series of weekends or on a number of day trips.

**The Pennine Way for everyone**

**The Mountain Code**

- Know how to use a map and compass.
- Know the weather signs and local forecast; plan within your capabilities.
- Know simple first aid and the symptoms of exposure.
- Take windproofs and fleece.
- Ensure someone knows your plans.
- Keep alert all day!

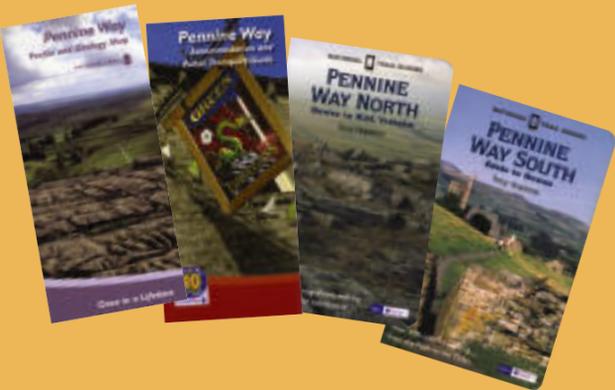
**Interested?**

In partnership with Aurum Press, Natural England has published an official guide for the Pennine Way National Trail which has been written by local expert Tony Hopkins and comes in two parts - Aurum Press ISBN 1-85410-962-6 and ISBN 1-85410-851-4.

To help you plan your walk comprehensive accommodation and public transport leaflets are available by post from the Pennine Way National Trail Officer.

The Pennine Way Association also produces an Accommodation and Information Guide and further information can be found by contacting them via

John Needham, 23 Woodland Crescent, Hilton Park, Prestwich, Manchester, M25 9WQ, UK.



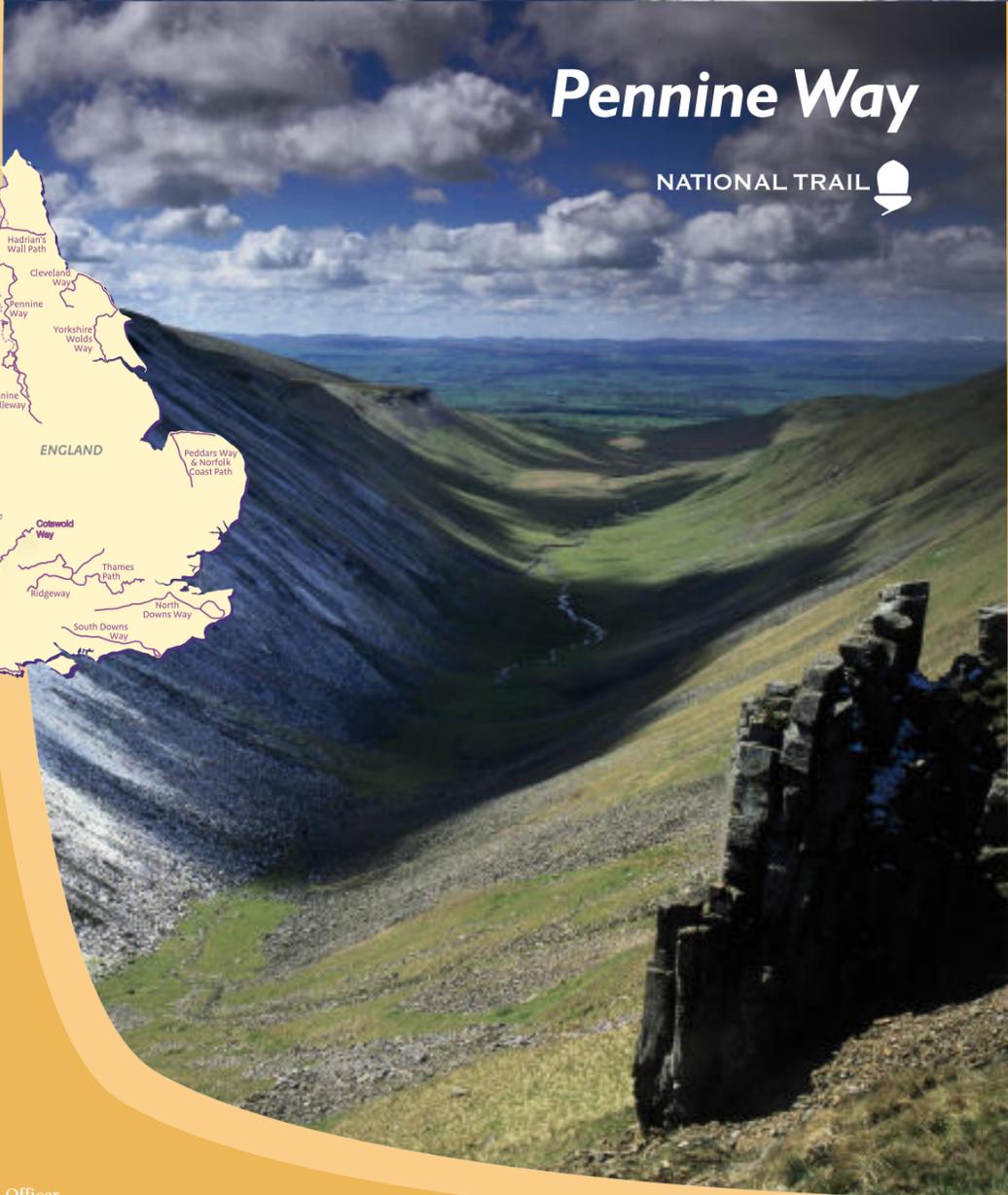
**National Trails**

in England and Wales



**Pennine Way**

NATIONAL TRAIL



Once in a Lifetime



For more information contact:  
 The Pennine Way National Trail Officer,  
 Natural England, Yorkshire and Humber Region,  
 4th Floor, Victoria Wharf, No.4 The Embankment,  
 Sovereign Street, Leeds, LS1 4BA, UK.  
 Telephone: 00 44 (0)113 246 9222  
 Email: [steve.westwood@naturalengland.org.uk](mailto:steve.westwood@naturalengland.org.uk)  
 Website: [www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)

