



SOUTHERN UPLAND WAY

SCOTLAND'S GREAT TRAILS

Along The Southern Upland Way

**Ken Andrew, Countryside Commission
for Scotland**



Along The Southern Upland Way:

The Southern Upland Way Alan Castle,2022-08-01 A guidebook to Scotland s coast to coast walk The Southern Upland Way At 347 kms 215 miles this is the longest of Scotland s Great Trails linking Portpatrick in the west to Cockburnspath in the east The route is presented in 14 stages of between 15 and 30 kms 9 19 miles with an additional rest day suggested to explore Moffat Crossing the high moorland of the Galloway Hills Carsphairn range Lowther and Ettrick Hills the walk is a strenuous one calling for competence fitness and self reliance Clear route descriptions accompany 1 50 000 OS mapping Trek planner with accommodation options to help you plan your trip Includes advice on backpacking taking advantage of five bothies and unlimited wild camping possibilities or staying in accommodation ideally reached via pre arranged vehicle pick up Notes on history geography and local sights GPX files available to download [Along the Southern Upland Way](#) Jimmie Macgregor,1990-01-01

Walking in the Southern Uplands Ronald Turnbull,2022-04-20 A guidebook to 44 walks covering over 100 summits in Scotland s Southern Uplands Exploring an area stretching south west from Edinburgh to the English border including the Galloway and Pentland Hills the routes are suitable for walkers of all abilities and are perfect for walking year round The day walks accessible from Newton Stewart Glentroll Nithsdale Biggar Moffat Peebles Edinburgh and Kirk Yetholm range from 3 29km 2 18 miles 1 50 000 OS maps included for each walk GPX files available to download Detailed information on planning transport and local history Sized to easily fit in a jacket pocket

The Secret Coast to Coast Andrew Paul Bowden,2011-11-25 Tell someone you re going off to Scotland to walk the Southern Upland Way and they ll probably look at you rather blankly before starting to tell you about Great Aunt Mabel s recent hip operation Even in walking circles it s not exactly a well known trail Which is why when Andrew Bowden told anyone who would listen that he was going to Scotland to walk the Southern Upland Way everyone looked at him blankly and started telling him about Great Aunt Mabel s recent hip operation Seems a lot of people have a Great Aunt Mabel Still that didn t put him off writing about his experiences as he strode across from one side of Scotland s border region to the other So join Andrew as he walks from Portpatrick to Cockburnspath with just an extremely large rucksack a bright red tent and some dodgy packets of pasta to keep him company As for Great Aunt Mabel Well her hip operation seemed to go okay This second edition also includes a comprehensive guide to planning your own Southern Upland Way walk [The Southern Upland Way](#) Ken Andrew,1984

The Southern Upland Way: Eastern section Ken Andrew,Countryside Commission for Scotland,1984

The Southern Upland Way Roger Smith,1994 Here are guidebooks for the adventurous hiker who s ready to explore some of the world s most beautiful country Each book includes exclusively prepared Ordnance Survey 1 50 000 maps of the journey and is packaged in an attractive slipcase The Southern Upland Way is Britain s first official coast to coast walk a challenging 212 mile trek across southern Scotland

Southern Upland Way Walk Log Book Alastair Papworth,2021-06 Never forget your epic journey along the Southern Upland Way walk by keeping a diary of each day of the route Keep track of each

stage as you complete the Southern Upland Way walk and which have been completed and which are still to do This book has prompts for each stage to help you keep a record of each day as well as space to write your thoughts and experiences of the day Prompts include Packing list Stage start end time Duration Distance Location Difficulty Weather Crowd View rating Transport and Accommodation Space to write your highlights of the day and overall experience of each stretch A pocket sized book with a glossy wipe clean cover Create a stunning memory of this very special time when you trod the paths of the Southern Uplands and record all the wonderful moments along the way This book makes a wonderful gift for someone who is thinking about walking the Southern Uplands Way walk or get one for yourself to save those precious memories

Southern Upland Way Hiking Guide Arlo Ridge, 2026-01-15 Explore the Southern Upland Way Your Ultimate Hiking Guide to Scotland's Coast to Coast Adventure The Southern Upland Way Scotland's premier coast to coast trail is more than just a hike it's a journey through history nature and rugged landscapes Stretching approximately 212 miles 341 km from the scenic fishing village of Portpatrick on the west coast to the historic village of Cockburnspath on the east this trail traverses the rolling hills rivers forests and open moorlands of the Southern Uplands From the dramatic peaks of the Galloway Hills to the serene valleys of the Tweed and Ettrick the Southern Upland Way offers hikers an unforgettable adventure across southern Scotland This hiking guide is designed to be your complete companion for navigating the Southern Upland Way Inside you'll discover stage by stage itineraries practical advice and insider insights that ensure a smooth safe and rewarding hiking experience What You Get From This Book Detailed guidance for the full 212 mile trail covering hills moorlands forests river valleys and coastal paths Highlights of must see viewpoints historic towns hidden gems and scenic landscapes along the way Expert tips on the best seasons to hike accommodations camping spots and essential gear Insights into local wildlife Scottish culture and the history of settlements and castles encountered along the route Why You Should Buy This Guide This isn't just another hiking book it's your key to experiencing the Southern Upland Way like a local adventurer Avoid confusion save time and uncover secluded viewpoints and historic treasures that many visitors miss Whether planning a full multi week trek or shorter sections this guide offers actionable advice practical tips and stage planning to make your journey efficient safe and deeply memorable Who Should Read This Book Hiking enthusiasts looking for long distance trails with a mix of nature culture and history Travelers and tourists planning a Scottish adventure who want to explore beyond the typical tourist routes History and nature lovers eager to connect with the Southern Uplands stories landscapes and wildlife Adventure seekers who want challenging terrain remote hills panoramic views and peaceful forests along a coast to coast route What Sets This Book Apart Unlike generic hiking guides this book combines comprehensive trail guidance with cultural and historical storytelling You won't just know where to walk you'll understand why each hill valley and landmark matters Fully designed for practical use it includes clear directions insider tips and local insights making it feel like a knowledgeable Scottish guide is in your backpack with you every step of the way Your Journey Starts Now Don't just hike the Southern

Upland Way experience it fully one breathtaking stage at a time Unlock hidden corners remote hilltops historic towns and panoramic vistas that only this coast to coast trail can offer Whether it s your first visit to southern Scotland or you re returning to explore more this guide ensures your adventure is safe seamless and unforgettable Grab your copy today and step into the ultimate Scottish hiking adventure where history nature and adventure meet on every trail Your journey begins with a single step and this guide will make sure it s an extraordinary one

Walking in the Yorkshire Dales: South and West Dennis Kelsall,Jan Kelsall,2017-04-30 A guidebook to 44 circular walks in the south and west of the Yorkshire Dales National Park with bases including Sedbergh Malham Grassington Skipton Settle and Kirkby Lonsdale The walks cover the valleys of Wharfedale Littondale Malhamdale Ribblesdale and Dentdale each with its own distinctive landscape and character Also included is the Yorkshire Three Peaks a 23 mile 37km challenge to bag three summits Pen y ghent Whernside and Ingleborough The walks range between 3 5 and 13 miles in length and showcase Yorkshire s diverse landscapes beautiful views and rich heritage With the exception of the Three Peaks walk they are designed to suit most abilities steeper sections are rare and usually short lived Detailed route description and 1 50 000 OS mapping are provided for each route along with information on nearby points of interest and facilities Highlights include delightful riverside walking in Wharfedale spectacular views of the distant Howgills and Lake District Fells and the arresting limestone cliffs of Malham Cove providing a wonderful introduction to this magnificent area

Scotland AA.VV.,2024-10-29T00:00:00+01:00 National Geographic Traveler guidebooks contain must know travel information inspiring photography insider tips and expert advice you won t find on the internet for bucket list destinations around the world Scotland s rich history and culture offers incredible experiences you can t find anywhere else and this newly updated guidebook part of a best selling series has everything you need to know to plan an unforgettable trip to this fascinating country Whether you re seeking out the stunning landscape of the Highlands witnessing a log toss competition at the Highland Games cycling in picturesque Galloway Forest Park or sampling famous Scottish whisky this knowledgeable guide can help you experience it all Drive the North Coast 500 one of the most beautiful panoramic roads in the world climb the summit of Ben Nevis walk Edinburgh s majestic Royal Mile take in the breathtaking cliffs of the Isle of Skye and learn about the Gothic architecture of Glasgow With detailed itineraries suggestions of can t miss sites and 20 maps this volume from the experts at National Geographic will help you plan the trip of a lifetime

[Scrambles in the Lake District - South](#) John Fleetwood,2021-01-14 Guide to 106 scrambling routes in the south of the English Lake District covering Langdale Coniston Eskdale Patterdale High Street A comprehensive collection of scrambles on crags and gills which are linked together to form 24 first class mountain days The carefully graded routes range from scrambling grade 1 to climbing grade V Diff so there is something for beginners as well as veteran mountaineers Rock climbing equipment is needed for more difficult routes Each scramble is clearly described with notes about grade quality aspect and approach with colour maps and topos to aid navigation There is information on safety and equipment and

listings of scrambles by location and grade allow the reader to assemble their own tailor made combination of routes The Lake District is one of the most scenic areas in the world and this guide offers new routes in previously unexplored corners of the region alongside popular classics such as Jack s Rake Esk Gorge and Pinnacle Ridge as well as dramatic gills like Dungeon and Linkcove Gill 10 classic rock climbs are also presented including Giant s Crawl Middlefell Buttress and Crescent Climb

Walking the South West Coast Path Paddy Dillon,2026-01-06 Experience the beauty of Britain s longest National Trail the South West Coast Path a 1022km 635 mile route from Minehead to South Haven Point offering unmatched coastal scenery Stretching across Somerset Devon Cornwall and Dorset including the Exmoor National Park and the Jurassic Coast World Heritage Site this epic long distance walking trail can be completed in roughly four weeks or tackled in sections This guidebook transforms planning into a straightforward process with 45 clearly defined stages between 12 and 38km 7 5 24 miles and expert guidance on every aspect of the route An optional diversion onto the 17 mile South Dorset Ridgeway from West Bexington to Osmington Mills provides a scenic shortcut shaving 42 miles off the full distance for those short on time For every stage the guidebook provides detailed route descriptions 1 50 000 OS mapping and elevation profiles so you re aware of what the coastal path has in store next Practical essentials are woven throughout with comprehensive accommodation listings covering B Bs campsites and hostels in towns and villages along the route like St Ives Falmouth Plymouth and Lyme Regis Public transport options are clearly presented to allow you to break each stage into manageable chunks ideal for section hikers to plan their journey You ll find expert advice on baggage transfer services when to go spring and autumn are ideal and what to pack as well as considerations specific to coastal walking such as tide awareness and rescue services Downloadable GPX files offer a digital alternative for navigating along the coast suitable for use on your smartphone or GPS devices Whether you are walking the entire path or exploring it in sections this guidebook offers all the tools you need to plan your walking holiday with confidence Immerse yourself in the freedom and beauty of England s southwest coast where every stage brings breathtaking views historic sites and unforgettable walking experiences Three separate OS map booklets covering Minehead St Ives St Ives Plymouth and Plymouth Poole are also available to purchase creating the ultimate navigation package for this world class coastal trail

The Secret Coast to Coast Andrew Bowden,2011-11-25 Tell someone you re going off to Scotland to walk the Southern Upland Way and they ll probably look at you rather blankly before starting to tell you about Great Aunt Mabel s recent hip operation Even in walking circles it s not exactly a well known trail Which is why when Andrew Bowden told anyone who would listen that he was going to Scotland to walk the Southern Upland Way everyone looked at him blankly and started telling him about Great Aunt Mabel s recent hip operation Seems a lot of people have a Great Aunt Mabel Still that didn t put him off writing about his experiences as he strode across from one side of Scotland s border region to the other So join Andrew as he walks from Portpatrick to Cockburnspath with just an extremely large rucksack a bright red tent and some dodgy packets of pasta to keep him

company As for Great Aunt Mabel Well her hip operation seemed to go okay

Hiking in Norway - South Ute Koninx,2021-02-15 This guide describes 10 shorter hut to hut treks showcasing southern Norway s wild natural beauty with highlights including Galdh piggen Norway s highest peak at 2469m and the iconic Pulpit Rock and Kjeragbolten on the Lysefjord The routes range from 3 to 8 days although many can be adapted or combined to create longer or shorter routes and cover Jotunheimen Rondane Dovrefjell Trollheimen and Ryfylke They are suitable for experienced hikers with a good level of fitness and can be walked from mid July to the end of September Clear route description and mapping are provided for each hike Stages are graded according to difficulty although all of the routes follow waymarked trails some cross remote and challenging terrain which may include exposed sections calling for a sure foot and a good head for heights However in many instances alternatives are provided avoiding the most demanding sections The guide also offers comprehensive advice on public transport access and accommodation options and background notes on each of the featured mountain regions From narrow ridges to wide glacial valleys and from shimmering fjords to striking alpine peaks Norway is home to many awe inspiring landscapes Throw in the warmth and hospitality of the Norwegian Trekking Association s extensive hut network and you have all the ingredients of a fantastic adventure This guide is an ideal companion to discovering some of Norway s classic shorter hikes and best loved mountain landscapes

Walking in the Haute Savoie: South Janette Norton,2017-06-30 A guidebook of walks in the lovely Haute Savoie mountains of France This guide describes 30 circular routes of between 7 and 20km based around Annecy La Clusaz Grand Bornand Plateau d Assy Samo ns Sixt Sallanches Th nes la Roche sur Foron Graded from easy to difficult there are walks to suit most abilities but a few have some exposed sections and need a head for heights The guidebook is divided into 6 areas covering the Arve Valley the Haut Giffre valley the Cha ne des Aravis Plateau de la Borne and Lake Annecy Alongside a detailed route description and map each walk has a summary of all you need to know before you set out There is advice on travel accommodation and equipment as well as information about local wildlife and Savoyard food and drink and a glossary of useful French words Visitors flock to the Chamonix area and the Mont Blanc range but that is only part of what the Haute Savoie has to offer With stunning views of high mountains as well as lower peaks to enjoy the walks in this guide will show you a quieter less busy side to this outstandingly beautiful area A companion volume Walking in Haute Savoie North is also available ISBN 781852848101

Southern Upland Way Roger Smith,2005 Opened in 1984 the Southern Upland Way was Britain s first official coast to coast footpath In its challenging 212 mile route across Southern Scotland from Portpatrick on the west coast to Cockburnspath on the east the path traverses a remarkable variety of scenery from high hills to fertile glens from farmland to forestry On the twentieth anniversary of the opening of the way in 2005 there was a major relaunch of the Way accompanied by a new edition of this Official Guide In this edition a new approach is taken to the way the route is broken down into short sections which can be walked in a weekend with a detailed map to accompany each section In addition 64 new short walks linked to the Way are now included in the book and on the

two folding OS maps which accompany the Guide
Walks of 2 to 10 miles in every corner of Britain
Pathnbsp Guidenbsp to the Southern Upland Way which crosses Scotland from coast to coast Features include Ordnance
Survey maps for each section of the route information and advice on public transport details of Tourist Information offices
and a list of walkers organizations

1001 Walks in Britain Automobile Association (Great Britain),2004-04
Southern Upland Way Anthony Burton,1997-02 This Recreational
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