

# THE NORTH DOWNS WAY

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A guidebook to walking the North Downs Way National Trail, a 130 mile (208km) trail between Farnham and Dover, with an optional visit to Canterbury. Following the ancient Pilgrims' Way for much of the way, this is one of the easier National Trails and can be walked at any time of the year.

The walk is described over 11 stages. Step-by-step route descriptions are accompanied by OS mapping and plenty of information about the points of interest passed along the way. A separate convenient booklet of 1:25,000 OS maps provides all the mapping needed to complete the trail.

Passing through the Surrey and Kent AONBs, the North Downs Way traces a high chalk ridge of downland with extensive views across the Weald and the 'garden of England'. There are ancient sites, picturesque villages and historic towns along the route, which will appeal to anyone interested in the area's rich history.

## About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, his first title for Cicerone Press (Walks & Climbs in the Pyrenees) appeared in 1978; he has since produced many more titles for the same publisher, with others in the pipeline. A member of the Outdoor Writers' Guild, the Alpine Club and Austrian Alpine Club, his passion for mountains and the countryside remains undiminished after a lifetime's activity, and he regularly travels throughout Britain to share that enthusiasm through his lectures.

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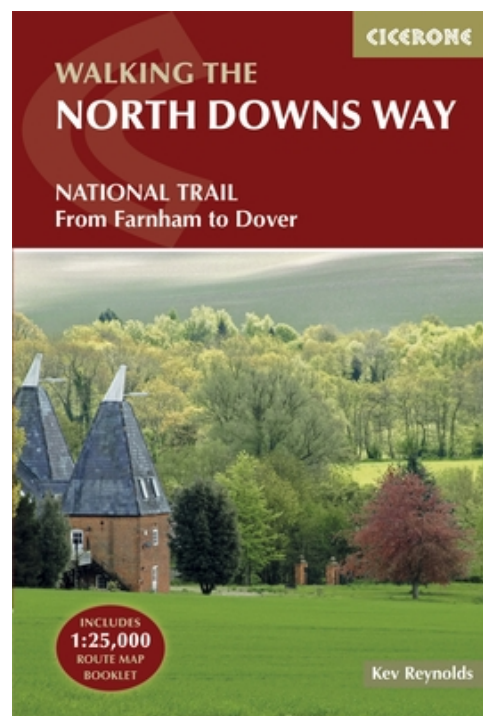
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