

# Index

## A

Abbeycwmhir 327, 328-9  
 Abbot's Way 102  
 Abergavenny 282  
 Abingdon 94  
 access 32, 448-9  
 accidents 463-4  
 accommodation 432-7, *see also individual types*  
   costs 25  
 air travel 453-5, 456  
   airlines 453-4  
   airports 453-4  
   tickets 454  
   to/from Britain 453-5  
   within Britain 456  
 Airton 268  
 Alfriston 131  
 Alnmouth 233  
 Alnwick 230  
 Alston 273  
 Altnafeadh 425  
 Amberley 128-9, 129  
 Ambleside 190-1  
 An Teallach 391, 397  
 Angle 297  
 Anglesey, Isle of 321  
 animals 31-46, *see also individual species*  
 Appletreewick 177  
 Ardlui 423  
 area codes, *see inside back cover*  
 army training ranges 103, 465  
 Arncliffe 169  
 Arran Brewery 355  
 Arran, Isle of 353-8  
 Arrochar 351-2  
 Arrochar Alps 350  
 arsenic labyrinths 143  
 Arundel 129  
 Ashton Keynes 92  
 ATMs 445  
 Ault a' chruinn 387-8  
 Avebury 85  
 Aviemore 375, 376

## B

B&Bs 432-3  
 Bablock Hythe 93  
 Backpackers' Club 432

backpacks 467  
 Bad Step 400, 403  
 badgers 32  
 baggage  
   restrictions 454  
   services 437  
 Bakewell 153, 164  
 Baldersdale 272  
 Ballater 383  
 Balmaha 348, 423  
 Bamburgh 230-1  
 Bampton Grange 244  
 Bangor 310  
 Bargrennan 412  
 Barra 431  
 barn owls 32, **36**  
 Bath 110-11, 112-13  
 Bathampton 81  
 Battersby 258  
 Battle of Heavenfield 222  
 BBC radio 433  
 Beachy Head 133  
 Beacon Hill 78  
 Beacon Way 288  
 Beadnell 232  
 Beattock 415  
 Beddgelert 310  
 Bedruthan Steps 137  
 beer 443, 444  
 Beggar's Bridge 251  
 Beinn a' Chaolais 358  
 Beinn Alligin 390-2, **392, 7**  
 Beinn an Oir 358  
 Beinn Dearg 390  
 Beinn Dòrain 425  
 Beinn Eighe 390, 391, 393  
 Beinn Eighe Mountain Trail 393  
 Beinn Fhada 396  
 Beinn Mheadhoin 383  
 Beinn Shiantaich 358  
 Bellingham 233, 275-6  
 Belstone 103-4  
 Belstone Tor 104  
 Ben Arthur 350-3  
 Ben Hope 430, **33**  
 Ben Lomond 347-50  
 Ben Loyal 430  
 Ben Macdui 376, 379  
 Ben More 431  
 Ben More Assynt 430  
 Ben Nevis 360-5, **361, 364, 8**  
 Ben Nevis Race 361  
 Benbrack 409, 414  
 Berwick-upon-Tweed 230, 234  
 Betws-y-Coed 310, 316  
 Bidean nam Bian 373  
 Big Ben 58  
 Bignor Roman Villa 128  
 Birdlip 116  
 Birdswald 226  
 birds 32-46, *see also individual species*  
   bites & stings 462  
   Black to Black 288  
   Black Cuillin 398, 400-6, **7, 42**  
   Black Mountain 288  
   Black Mountains 287-8, 337  
   Blakehopeburnhaugh 276  
 Blakey 250  
 blisters 463  
 boat travel 455  
 Bodfari 341  
 Boggle Hole 260  
 books 25-7  
   health 462  
 boots 467  
 Borders Abbeys Way 431  
 Bosherston 296  
 Bosigran 142  
 Botallack 142  
 bothies 437  
 Bournemouth Coast Path 96  
 Bourton & the Slaughters 118-21, **120**  
 Bourton-on-the-Water 119  
 Bowes 272  
 Bowfell 210  
 Bowness-on-Solway 218-19, 229  
 Bowness-on-Windermere 176-7  
 Bradford-on-Avon 81  
 Braemar 383  
 Braeriach 382  
 Brampton 226-7  
 Brant Fell 182  
 Breamish Valley 235  
 Brecon 282, 284-5  
 Brecon Beacons 281-8, **282**  
 Brecon Beacons Ridge Walk 283-7, **286**  
 Brecon Jazz 284  
 Bridge End 209  
 Bridge of Orchy 425

Brighton & Hove 130  
 Bristly Ridge 318  
 Broad Haven 299  
 Broadford 399  
 Broadmeadows 416  
 Broads, the 71  
 Broadway 118  
 Brockweir 336  
 Brodick 355  
 Brompton Crossroads 338-9  
 Bronygarth 340  
 Broughton 77-8  
 Brown Know 416  
 Bruach na Frithe 404-6, **405, 7**  
 Buachaille Etive Beag 373  
 Buachaille Etive Mór 370-2, **371, 40**  
 Buckden 179  
 Buckfastleigh 100-1  
 Buckingham Palace 58  
 bulls 465  
 bunkhouses 433-4  
 Burgh by Sands 228  
 Buriton 126-7  
 Burnham Deepdale 71  
 Burnsall 177  
 Burnside 182  
 bus travel 455, 456-7  
   costs 457  
   postbus 457  
   to/from Britain 455  
   within Britain 456-7  
 business hours 437-8, *see also inside back cover*  
 Butser Hill 126  
 Buttington 339  
 Buxton 153, 164  
 buzzards 32  
 Bwlch Eryl Farchog 320  
 Bwlch Tryfan 318  
 Bwlch-y-Moch 313  
 Bwlch-y-Saethau 314  
 Bynack More 383  
 Byrness 234, 276

**C**

Cadgwith 146  
 Cadw 444  
 Caen Hill 80  
 Caerfai Bay 300  
 Caernarfon 310  
 Cairn Gorm High Circuit 376-9

**000** Map pages  
**000** Photograph pages

Cairn Lochan 378  
 Cairn Toul 382  
 Cairngorm Funicular 380  
 Cairngorms, the 374-83, **375, 378, 7**  
   wildlife 379  
 Caldbeck 208  
 Cam High Road 180, 183  
 Cam Houses 270  
 Cam Long Down 114  
 Camasunary 402  
 Cambrian Way 341  
 Campbell, Donald 204  
 camping 29, 434  
 camping barns 433-4  
 canals  
   Kennet & Avon Canal 80  
   Leeds & Liverpool Canal 268  
   Monmouthshire & Brecon Canal 287  
   Montgomery Canal 340  
   Rochdale Canal 266  
   Shropshire Union Canal 340  
   Somerset Coal Canal 82  
 Canary Wharf 69  
 Cantilever Stone 318  
 Capel Curig 316  
 Capel-y-ffin 337  
 Capital Ring 70  
 car travel 457-8  
   driving licences 457  
   hire 457-8  
   motoring organisations 458  
   road rules 458  
 Cardigan 294  
 Carlisle 203, 209, 218, 227  
 Carlton-in-Cleveland 257  
 Carn Ingli 306  
 Carn Llwyd 306  
 Carnedd Dafydd 318, 319, 320  
 Carnedd Llewelyn 318, 319-20  
 Carnedd Uchaf 320  
 Carneddau Circuit 319-20, **317**  
 Carreg Sampson 301  
 Carregwastad Point 302  
 Carvoran 224, 225, 275  
 Castell-y-Gwynt 318  
 Castle Kennedy 411  
 castles, *see also* hillforts, palaces  
   Bamburgh Castle 231, **4**  
   Carlisle Castle 209  
   Chepstow Castle 334  
   Chirk Castle 340  
   Dunstanburgh Castle 233  
   Dunvegan Castle 403  
   Kinloch Castle 431

Manorbier Castle 295  
 Pembroke Castle 297  
 Peveril Castle 163  
 Powis Castle 333  
 Richmond Castle 248  
 Thirlestane Castle 417  
 Thirlwall Castle 225, 275  
 White Castle 337  
 Castleton 160-1  
 Catstye Cam 194  
 cattle droving 367  
 Cave Dale 163  
 Cayton Sands 261  
 cell phones 451, 466  
 Cemmaes Road 331  
 Centenary Walk 59-63, **61, 62**  
 central Highlands 345-58, **347**  
 Chalamain Gap 381  
 chalk figures 95  
   Cerne Giant 95  
   Long Man of Wilmington 132, **34**  
   White Horse of Kilburn 256  
 Chanctonbury Ring 129  
 Chapel Porth 140  
 Chapel-le-Dale 173  
 chapels, *see* churches & chapels  
 Charlton King 116  
 Cheltenham 117  
 Chestow 334-5  
 Cherhill Down 95  
 Chesterholm 225  
 Cheviot 234, 277  
 children, walking with 438  
   health 464-5  
 Chiltern Hills 83, 88  
 Chipping Campden 111-12  
 Chipping Ongar 63  
 Chirk Castle 340  
 Chollerford 222  
 choughs 133  
 Church Doors 295  
 churches & chapels  
   Rievaulx Abbey 254  
   St David's Cathedral 400  
   St Govan's Chapel 296  
   St Non's Chapel 300  
   St Paul's Cathedral 59  
   Salisbury Cathedral 75-6  
   Tintern Abbey 336, **6**  
   Westminster Abbey 58  
   Winchester Cathedral 76-7, 79  
 Clapham 183  
 Clarendon Marathon 75  
 Clarendon Way 74-9, **78-9**  
 Clay Bank Top 250

Cleveland Way 252-61, **255, 4**  
 Clifton Hampden 94  
 Cligga Head 140  
 climate 24, 439-42, **440-1**  
   Ben Nevis 360  
 Clive, Robert 333  
 clothing 467  
 clubs, walking 432  
 Cnap Mór 423  
 coach travel, *see* bus travel  
 Coast & Cuillin 400-3, **402**  
 Coast to Coast Walk 188, 237-52, **240-1**  
 Cobbler Club 350  
 Cobbler, the 350-3, **352**  
 Cock of Arran 357  
 Cockburnspath 410  
 Cocking 127-8  
 Cold Ashton 113  
 Colden 267  
 compasses 405, 468  
 Conic Hill 418, 421  
 Coniston 202, 204-5  
 conservation 49-50  
 consulates 442  
 Corbetts 349  
 Corn Du 285  
 Corridor Route 199  
 Corrie Burn 354  
 Corrou 366-7  
 Cosdon Hill 105  
 costs 25  
 Cotswold Way 109-18, **112, 116**  
 Cotswolds, the 107-21, **108, 3**  
 Court Hill 87-8  
 Covent Garden 59  
 Coverack 147  
 Cowling 268  
 Coylumburgh 380  
 Craggle Hill 226  
 Craig Airie Fell 409  
 Cranborne Chase 95  
 Craster 230, 231  
 Cratcliffe 162  
 Creag Meagaidh 396-7  
 credit cards 448  
 Criannlarich 424  
 Crib Goch 313  
 Cribyn 286  
 Crickhowell 282, 287  
 Cricklade 92  
 Crosby 227  
 Cross Fell 273  
 Cross Gate 129  
 Crowden 264-5

Crowns Mine 142  
 Cumberland Pencil Company 207  
 Cumberland Way 211  
 Cumbria Way 201-9, **204, 208**  
 curlews 45  
 currency, *see* money  
 customs regulations 442  
 Cwm Bochlwyd 317  
 Cwm Idwal 315

**D**

Dale 298  
 Dales Way 174-82, **178**  
 Dalry 409, 413-14  
 Danby Wiske 249  
 dangers 465  
   Ben Nevis 362  
 Dark Peak 151, 163-4  
 Dartmoor 97-106, **98, 3**  
 Daugleddau Estuary 307  
 de Grey, Reginald (Lord of Ruthin) 325  
 Deepdale House 196  
 deer 32, 45, 388  
 Dent Fell 240  
 Dent Head railway viaduct 180  
 Dentdale 180  
 Derby 154  
 Derbyshire Edges 164  
 Derwent Watershed Walk 163  
 Devil's Chimney 116  
 Devil's Dyke 130  
 Devil's Kitchen 315, 318  
 Devil's Staircase 425  
 Diamond Way 121  
 dogs 29, 465  
 Dollar Cove 146  
 Dollywaggon Pike 194, 243  
 Donalds 349  
 Dorchester 94  
 Dove Crag 192  
 Dovedale 195-6  
 Downing Street 58  
 drinks 442-4, *see also* beer  
 droving 256, 367  
 Druidston Haven 299  
 Drum 320  
 Drumburgh 228  
 Drymen 421  
 Dufton 273  
 Dumgoyne 421  
 Dún Deardail 426  
 Dunstanburgh Castle 233  
 Dunvegan Castle 403  
 Dursley 114  
 duty-free goods 442

Dylife 330  
 Dyrham 113

**E**

eagles 45  
 Easby Moor 258  
 East Marton 268  
 Eastbourne 124-5  
 Eastern Fell 210  
 ecology, *see* environment  
 Edale 155, 157, 263  
 Edale Moor 154, 163, 264  
 Edale Skyline 154-8, **156**  
 Edale Valley 154  
 electric fences 465  
 electricity 433  
 Elgol 401  
 Elterwater 205, **5**  
 Elton 162  
 embassies 442  
 emergencies  
   rescue 465-6  
   telephone services, *see inside back cover*  
 England 30, 51-278  
 English Heritage 444  
 Ennerdale Bridge 241  
 Ennerdale Valley 241  
 environment 29-32, 45-50  
   conservation 49-50  
   geography 29-31  
   national parks 47-9  
 Epping 60-1  
 Epping Forest 59-63  
 equipment 467-71  
 Eshaness 430  
 Essex Way 63  
 evacuation 465-6  
 Exeter 99  
 Exton 125

**F**

Fairfield 189-92, 195-6  
 Fairholmes 164  
 Falls of Glomach 396  
 Falmouth 136-7  
 Fan Brycheiniog 288  
 Fan y Big 287  
 Farley Mount Country Park 78  
 fatigue 463  
 fauna, *see* wildlife  
 Fawkes, Guy 131  
 Felindre 327  
 Fern Pit 139  
 ferry travel 455

festivals 27  
 Forest Fawr 288  
 Fife Coastal Path 427  
 Filey 253-4  
 Filey Brigg 261  
 Fingland 409  
 first aid  
   bites & stings 462  
   blisters 462  
   fatigue 463  
   frostbite 462-3  
   hypothermia 462-3  
   knee strain 463  
   major accidents 463-4  
   sprains 463  
   sunburn 463  
 Fishguard 302-3  
 Five Sisters of Kintail 386-9, **389**  
 flora, *see* plants  
 Foel Eryr 306  
 Foel Fadian 330  
 Foel Fras 320  
 Foel Grach 320  
 food 433, 438, 442-4  
 footwear 467  
 Fort William 362-3  
 forts, *see* hillforts  
 Fountains Fell 269  
 Four Crosses 340  
 foxes 32  
 freedom to roam 32, 448-9  
 Freshwater East 296  
 Froggatt Edge 164, **44**  
 frostbite 462-3

**G**

Gairloch 386  
 Galloway Hills 431  
 Gargrave 268  
 Garrigill 273  
 Gateholm Island 298  
 Geevor Tin Mine 142  
 geography 29-31  
 geology 29  
   Glen Coe 369-70  
   Isle of Arran 353  
   Torridon 391  
 Gilsland 225-6  
 Gladestry 338  
 Glaisdale 250-1  
 Glamarama 200

**000** Map pages  
**000** Photograph pages

Glasgow 346, 419-20  
 Glasson 228  
 Glen Affric 396  
 Glen Coe 369-72, 373, **389**, **8**  
 Glen Coe & Glen Etive Circuit 373  
 Glen Nevis 363  
 Glen Shiel 386-9  
 Glencoe 370-1  
 Glenmore 376-7  
 Glenridding 193  
 Glentool 412  
 Global Positioning System 469  
 Glyder Fach 315, 318, 321  
 Glyder Fawr 315, 318, 321  
 Glynŵr, Owain 324, 325, 327, 330  
 Glynŵr's Way 324-33, **328-9**  
 Goatfell 354-7, **356**, **39**  
 Golden Clough 157  
 golden eagles 45  
 golden plovers 45  
 Goodwick 302  
 Goodwick Moor 302  
 Goring 86  
 gorse 46  
 GPS 469  
 Grahame, Kenneth 90  
 Grasmere 242  
 Grassington 167, 169, 179, **5**  
 Great Broughton 257  
 Great Dodd 210  
 Great Dun Fell 273  
 Great Gable 210  
 Great Glen Way 426-7  
 Great Langdale 205, **40**  
 Great Rigg 192  
 Great Shunner Fell 271  
 Great Wilderness 393-6, 397  
 Green Bridge of Wales 296  
 Green Chain 70  
 Greenhead 225-6  
 Greenup Edge 242  
 Greenwich 69  
 Grey Corries 373  
 Griff 254  
 Grimspound 106  
 Grindleford 164  
 Grinton 247-8  
 Griesdale 243  
 Grosmont 251  
 grouse 45, 253  
 guesthouses 432-3  
 guided walks 26  
   Ben Nevis 362  
   Brecon Beacons 282  
   Cotswolds 109

Dartmoor 99  
 internet resources 26, 27  
 Isle of Arran 354-5  
 Isle of Skye 399  
 Lake District 187, 193  
 Loch Lomond & the Trossachs  
   National Park 346  
   London 54, 60  
   Northumberland 213, 230  
   Peak District 153  
   Pembrokeshire 292, 305  
   Snowdonia 310  
   Wessex 84, 90  
   Western Highlands 390  
   Yorkshire Dales 167  
 Guiting Power 120  
 Gunnerside 247  
 Gurnard's Head 142  
 Gwenver 143  
 Gwithian 141

**H**

Hadrian's Wall 216, 274-5, **4**, **35**  
   code of respect 223  
 Hadrian's Wall Path 213-29, **220-1**  
 Haltwhistle 224  
 Hambleton Down 256  
 Hambleton Street 256  
 Hampshire Avon Valley 95  
 Hampton Court Palace 68  
 Hardcastle Crags 266  
 Hardraw 271-8  
 hares 32  
 Haresfield Hill 115  
 Harford 121  
 Harlyn Bay 137  
 Harris 431  
 Hart Fell 431  
 Harthorpe Valley 234  
 Hartstop 197  
 Harvard, John 131  
 Haverfordwest 291  
 Hawes 167, 270-1  
 Haworth 267  
 Hawsker 251  
 Hay Dale 163  
 Hayburne Wyke 260  
 Hayle 141  
 Hay-on-Wye 337  
 Hay's Galleria 58  
 Haytongate 226  
 health 461-6  
   books 462  
   insurance 461  
   internet resources 462

heather 46, 252, 253, **37**  
 Hebden Bridge 266-7  
 Hebrides, the 430-1  
 Heddong-on-the-Wall 221-2  
 hedgehogs 32, 45  
 hedgerows 49  
 Helford 147  
 Helmsley 253  
 Helvellyn 192-5, 243  
 Henley-on-Thames 65  
 Henry, Prince 325  
 Henry VIII (King of England) 63  
 Herbrandston 298  
 heritage organisations 444  
 Heron Pike 192  
 Herriot, James 184  
 Herriot Way 184  
 High Cup Nick 273  
 High Peak Trail 164  
 High Pike 207  
 High Street 196-7  
 hillforts, *see also* castles, palaces  
   Barbury Castle 86  
   Burfa 338  
   Castell Dinas Bran 340  
   Ditchling Beacon 130  
   Liddington Castle 86  
   Old Winchester Hill 126  
   Uffington Castle 87  
 Hillphones 388  
 Historic Scotland 444  
 hitching 458  
 holidays 444-5  
 Hollins Cross 157  
 Holy Island 231, 427-8  
 Holywell 140  
 Hope 155-6  
 Hope Cross 156  
 Hope Valley 154  
 Horton in Ribblesdale 171, 172, 270  
 hostels 434-5  
 hotels 435-6  
 Houghton 129  
 Housesteads Fort 225, **35**  
 Howgill Fells 183  
 Hubberholme 179  
 hygiene 462  
 hypothermia 462-3

**I**

la 141  
 Ilkley 167, 176  
 imperial system 433, 447  
 Ingleborough 170, 171, 174  
 Ingleborough Caves 183

Ingleby Arncliffe 249  
 Ingleby Cross 249  
 Ingleton 183  
 Inn Way 184  
 inns 436  
 insect bites & stings 462  
 insurance  
   health 461  
   travel 445  
 internet access 445  
 internet resources 27  
   airline tickets 454  
   health 462  
 Inverarnan 423  
 Inverbeg 349  
 Inverdrue 380  
 Inverness 386  
 Inveroran Hotel 425  
 Inversnaid 423  
 Isle of Arran 353-8  
 Isle of Jura 358  
 Isle of Skye 398-406, **399**  
 Isle of Wight 96  
 Ivybridge 101

**J**

Jacobites 386  
 Jacob's ladder 160  
 Jagers Clough 157  
 Jerome, Jerome K 90  
 John Buchan Way 431  
 John Muir Trust 50, 363, 400  
 Jubilee Walkway 54-9, **56-7**  
 Jura 358

**K**

Kedslie Hill 417  
 Keld 246, 271  
 Kelso 264  
 Kembles 90-1  
 Kendal 168, 175  
 Kenidjack Castle 142  
 Kennack Sands 146  
 Kennet & Avon Canal Path 80-2, **82**  
 Keswick 198, 202, 206-7  
 Kettlewell 169, 179  
 Kew Gardens 69  
 Kidsty Pike 243  
 Kilburn 256  
 Kildale 258  
 Killantringan 409, 410-11  
 Kilnsey Crag 179  
 Kinder Plateau 163, 264  
 King Offa 333  
 Kings House Hotel 425

King's Somborne 78  
 Kingston upon Thames 68-9  
 Kingston-near-Lewes 131  
 Kingston 338  
 inns 436  
 Kinlochewe 394  
 Kinlochleven 425-6  
 Kirk Yetholm 263-4, 276  
 Kirkby Malham 268  
 Kirkby Stephen 245  
 Knarsdale 274  
 knee strain 463  
 Knighton 326, 334  
 Knoydart 397  
 Kynance Cove 146

**L**

Ladhar Behinn 397  
 Laggangairn 409, 411  
 Lairig Eilde 370, 373  
 Lairig Gartain 370, 373  
 Lairig Ghru 379  
 Lake District 185-211, **186**, **191**  
 lakes & tarns, *see also* lochs & lochans  
   Angle Tarn 197  
   Black Moss Tarn 182  
   Coniston Water 203, 204  
   Derwent Water 206  
   Glaslyn 330  
   Greensett Tarn 173  
   Grisedale Tarn 194, 243  
   Haweswater 243  
   Lake District 210-11  
   Lake Vyrnwy 332  
   Lake Windermere 176, 210  
   Llyn Clynwedog 330  
   Llyn Idwal 318  
   Llyn-y-Cwn 318  
   Malham Tarn 183, 269  
   Ponden Reservoir 267  
   Sunbiggin Tarn 244  
 lambing 449  
 Lamorna Cove 144  
 Land's End 143-4  
 Landsker Line 291  
 Langdon Beck 272  
 language 31  
   Gaelic 409  
   Geordie 219  
   Lallans 409  
   Welsh 304, 311  
 Lathkill Dale 164  
 Lapwings 45  
 Lauder 417  
 Lea Valley Walk 70  
 Leamington 221

Lechlade 92-3  
 Leckhampton Hill 116  
 Leicester Square 58  
 Letcombe Regis 87-8  
 letterboxing 100  
 Lewes 131  
 Liathach 389  
 Liddington Hill 86  
 lighthouses  
   Beachy Head 133, **3**  
   Godrevy Point 141  
   Lizard 146  
   Penden Watch 142  
   Strumble Head 302  
 Lilton 170  
 Limestone Way 158-63, **161**  
 Limpley Stoke 82  
 Lindsifarne 231, 427-8  
 Ling Gill Gorge 270  
 Little Beck Wood 251  
 Little Haven 299  
 Little Sodbury 113  
 Littondale 168  
 Lizard 146  
 Lizard Point 146  
 Llanbadarn Fynydd 328  
 Llanberis 310, 312-13  
 Llanbrynmair 331  
 Llandegla 340  
 Llandovery 283  
 Llandudno 310  
 Llanfair Hill 338  
 Llanfrynach 287  
 Llangadfan 332  
 Llangattock Lingoed 337  
 Llangollen 340  
 Llangunllo 327  
 Llanidloes 329  
 Llanthony 337  
 Llantilio Crossenny 337  
 Llanvihangel-Ystern-Llewern 337  
 Llanwddyn 332  
 Llanymynech 340  
 Llewelyn the Great 327  
 Lleyn Peninsula 322  
 Lochaber Traverse 373  
 lochs & lochans, *see also* lakes & tarns  
   Glencoe Lochan 372  
   Halfway Lochan 364  
   Loch an Eilein 382  
   Loch Avon 382-3  
 Loch Coruisk 400, 403  
 Loch Lomond 346, 347  
 Loch Morlich 381  
 Loch Torridon 391, **7**  
 Loch Treig 367  
   Pools of Dee 381  
 Loe 146  
 London Bridge 58  
 London Eye 58  
 London Loop 70  
 London & the Southeast 53-71, **55**  
 Long Distance Walkers  
   Association 27, 432  
 Longformacus 417  
 Longthwaite 198-9  
 Lose Hill 156, 158  
 Lost Valley 373  
 Lothersdale 268  
 Low Newton-by-the-Sea 232  
 Low Pike 192  
 Lower Fishguard 303  
 Lower Slaughter 119  
 Lowther Hill 414  
 luggage  
   restrictions 454  
   services 437  
**M**  
 Machynlleth 324, 330-1  
 Macmillan Way 148  
 magazines 433  
 Maidenhead 66  
 Malham 167, 268-9  
 Malham Cove 183  
 Mamores 372  
 Manchester 154  
 Manorbier 295-6  
 maps 445-7, 468, *see also individual*  
   walks  
     buying 446  
 Marazion 145  
 Marchlyn 312  
 Marconi Monument 146  
 Marloes 298  
 Marlow 66-71  
 Marsden 265-6  
 Masson Hill 161  
 Matlock 153, 159-60  
 Matlock Bath 159-60  
 Mawgan Porth 138  
 Meall a' Buachaille 382  
 measures 433, 447, *see also inside*  
   back cover  
 medical kit 461-2  
 medical services 462

Meifod 332  
 Melrose 416  
 Merrick 431  
 metric system 433, 447  
 Middleton-in-Teesdale 272  
 midges 462  
 Milarrochy 423  
 Milestone Buttress 317  
 Milford Haven 297  
 Mill Bridge 181, 243  
 Millennium Dome 69  
 Milngavie 420  
 Minack Theatre 144  
 Minch Moor 416  
 mining 247  
 mobile phones 451, 466  
 Moffat 415  
 money 25, 447-50, *see also inside*  
   back cover  
 Monmouth 336  
 Monsal Trail 164  
 Montgomery 339  
 Monyash 162-3  
 Moor Row 240  
 Morvich 387  
 motorcycle travel 457-8  
 Moulsoford 94  
 Mt Snowdon 321  
 Mountain Bothies Association 437  
 Mountaineering Council of Scotland 27  
 Mousehole 145  
 Muckle Roe 430  
 Mugdock Wood 421  
 Muker 247  
 Mull 431  
 Mullion 146  
 Munro, Sir Hugh 349  
 Munros 349  
**N**  
 Nant Peris 312  
 Nantgwynant 313  
 national parks & reserves 47-9  
   Brecon Beacons National Park  
     281-8  
   Broads Authority 71  
   Brock Country Park 354  
   Cairngorms National Park 374-  
     83, **7**  
   Dartmoor National Park 97-106, **3**  
   Exmoor National Park 105  
   Hermans National Nature  
     Reserve 430  
   Lake District National Park 47,  
     185-211

Loch Lomond & the Trossachs  
   National Park 346-53  
 North York Moors National Park  
   252-61  
 Northumberland National Park  
   233-5  
 Peak District National Park 151-64,  
   **43, 44**  
 Pembrokeshire National Park  
   289-307  
 Queen Elizabeth Country Park 126  
 St Bees Head RSPB Nature  
   Reserve 239  
 Scoska Wood National Nature  
   Reserve 170  
 Snowdonia National Park 308-22  
 Whittledene Reservoir Nature  
   Reserve 222  
 Yorkshire Dales National Park  
   165-84  
 national trails  
   Cleveland Way 252-61, **255, 4**  
   Cotswold Way 109-18, **112, 116**  
   Glyndŵr's Way 324-33, **328-9**  
   Hadrian's Wall Path 213-29, **220-1**  
   North Downs Way 70-1  
   Offa's Dyke Path 333-41, **335, 339**  
   Peddars Way & North Norfolk  
     Coast Path 71  
   Pembrokeshire Coast Path 291-  
     304, **295, 6**  
   Pennine Way 188, 261-77, **265,**  
     **269, 274**  
   Ridgeway 83-8, **87**  
   South Downs Way 123-33, **126-7**  
   South West Coast Path 96, 133-47,  
     **138-9, 43**  
   Thames Path 64-9, 88-94, **66-7,**  
     **68**  
   Yorkshire Wolds Way 278  
 National Trust 49, 444  
 National Trust for Scotland 50, 354, 444  
 Naunton 119, 120  
 nettles, stinging 462  
 Nevis Partnership 363  
 New Luce 411  
 Newbridge 93  
 Newcastle upon Tyne 216, 217-18  
 Newcastle-on-Clun 338  
 Newchurch 338  
 Newgale Sands 299  
 Newlyn 145  
 Newport 303-4, 305  
 Newquay 139  
 Newtown 227

Nine Nicks of Thirlwall 224  
 Nine Standards Rigg 245  
 Nolton Haven 299  
 Norfolk 71  
 North Dartmoor Circuit 103-5, **104**  
 North Downs Way 70-1  
 North Nibley 114  
 North Pennines 277-8  
 North Wales Path 322  
 North Wessex Downs 94-5  
 northern England 149-278, **150**  
 Northern Isles 430  
 Northumberland 212-35, **214-15**  
 Northumberland Coast Walk 229-  
   33, **232**  
 Nympsfield 115  
**O**  
 Offa's Dyke Path 333-41, **335, 339**  
 Ogbourne St George 86  
 Ogwen 316  
 Old Man of Hoy 430  
 Old Man of Storr 406  
 Old Sodbury 113  
 Once Brewed 224  
 Orkney 430  
 Orton 244  
 Osmotherley 256  
 ospreys 46  
 otters 46  
 owls 32, **36**  
 Oxford 93-4  
**P**  
 Padstow 136  
 Paine, Tom 131  
 Painswick 115  
 palaces, *see also* castles, hillforts  
   Buckingham Palace 58  
   Clarendon Palace 77  
   Hampton Court Palace 68  
   Lambeth Palace 58  
 Pandy 337  
 Pangbourne 91  
 Paps of Jura 358  
 passports 453  
 Patterdale 195-6  
 Peak District 151-64, **152, 43, 44**  
 Peddars Way & North Norfolk Coast  
   Path 71  
 Peel, John 208  
 Pembroke 297  
 Pembrokeshire 289-307, **290**  
 Pembrokeshire Coast Path 291-304,  
   **295, 6**

Pen y Fan 283, 286  
 Pen yr Ole Wen 319, 320  
 Penally 294  
 Pendene 142  
 Pennine Way 188, 261-77, **265,**  
   **269, 274**  
 Pennsylvania 113  
 Pentre 340  
 Pen-y-ghent 170, 171, 172, 270  
 Pen-y-phast 312  
 Penzance 145  
 permits 450  
 Perranporth 140  
 Peter Dale 163  
 Pewsey 95  
 photography 450  
 Pilgrims Way 70  
 pines 46-7  
 Pitton 77  
 Place Fell 211  
 planning 23-8, *see also individual*  
   walks  
 plants 37, 46-7, *see also individual*  
   species  
 plovers 45  
 Plymouth 99  
 Pont Llogel 332  
 Pontcysyllte aqueduct 340  
 Pontrobert 332  
 Port Carlisle 229  
 Porthallow 147  
 Porthcurno 144  
 Porthgain 301  
 Porthleven 145-6  
 Porthmadog 310  
 Porthtowan 140  
 Portpatrick 409, 410  
 Portreath 140  
 Portree 399  
 Powis Castle 333  
 Praa Sands 145  
 Preseli Hills 304-7, **306**  
 Prestatyn 335  
 priories  
   Bolton Priory 177  
   Llanthony Priory 288  
   Marrick Priory 248  
   St Fillans Priory 424  
 private land 32, 448-9  
 Prussia Cove 145  
 Ptarmigan Route 347-50, **350**  
 ptarmigans 45, 348  
 pubs 436, 443-4  
 puffsins 46, **36**  
 Pwll Deri 301-2

Pwllgwaelod 303  
 Pwll-y-Wrach 304

**Q**  
 Quinag 430  
 Quiraing 406

**R**  
 radio 433  
 rail travel, *see* train travel  
 Ramblers' Association 23, 27, 54, 432  
 Rannoch Moor 425  
 Ravenber 277  
 Ravenscar 260  
 Reading 65  
 Red Pike 242  
 Redbrook 336  
 Reeth 247-8  
 rental accommodation 436  
 rescue 465-6  
 reserves, *see* national parks & reserves  
 responsible walking 29  
 rhododendrons 315  
 Rhuallt 341  
 Ribblehead 172-3  
 Ribblehead Viaduct 173, 174  
 Richmond 168, 247, 248-9  
 Ridgeway 83-8, **87**  
 Rievaulx Abbey 254  
 right to roam 32, 448-9  
 river crossings 465  
 River Swale 246-7, 271  
 River Tees 272, 277  
 River Tyne 220  
 River Wye 341  
 Road to the Isles 365-9, **368-9**  
 Rob Roy 423, 424  
 Robin Hood 162  
 Robin Hood's Bay 239-40, 252, **5**  
 Robin Hood's Stride 162  
 robins 31  
 Rodmell 131  
 Roseberry Topping 258  
 Ross Wood 423  
 Rothwaite 199  
 Rothbury 234  
 Round Hill 257  
 Rowardennan 348-9  
 Rowena Cade 144  
 Rum 431  
 Runnymede 67

Runswick Bay 259  
 Ruskin, John 204, 205  
 Rydal Mount 191  
 Ryedale 252

**S**  
 safety 458, 462-6  
   Ben Nevis 362  
 St Agnes 140  
 St Bees 239  
 St Briavels 336  
 St Brides Haven 298  
 St Cuthbert's Way 427-8  
 St David's 300-1  
 St David's Head 301  
 St Dogmaels 304  
 St Ives 141-2  
 St John's Town of Dalry 413-14  
 St Just 143  
 St Katharine's Dock 59  
 St Mary's Loch 415-16  
 St Michael's Mount 145  
 St Non's Bay 300  
 St Paul's Cathedral 59  
 St Sunday Crag 196, 243  
 Salisbury 75-6  
 Salisbury Plain 95  
 Saltburn-by-the-Sea 259  
 Sandwood Bay 430  
 Sandy Haven 298  
 Sanquhar 414  
 Sarcen Way 95  
 Saundersfoot 294  
 Scafell Pike 171  
 Scafell Pike Circuit 197-200, **200**  
 Scarborough 260  
 Scotland 31, 343-431, **344**  
 Scottish Natural Heritage 351  
 Scottish Outdoor Access Code 351, 449  
 Scugdale 249  
 Seahouses 230, 232  
 search & rescue 465-6  
 Seathwaite 198  
 Seatoller 198  
 Secret Waterway Trails 307  
 Sedbergh 168, 181  
 Sedbury Cliffs 336  
 Sennen Cove 143  
 Settle 167  
 Settle-Carlisle Railway 168, 174  
 Ribblehead Viaduct 173, 174  
 Seven Sisters 132  
 Sewingshields Crag 223  
 Sgor an Lochain Uaine 382  
 Sgurr an Tuill Bhàin 396

Sgurr Dubh 396  
 Sgurr Fhuaran 386, 389  
 Sgurr Mhór 390, 392  
 Sgurr na Càrnach 386, 389  
 Sgurr na Ciste Duibhe 386, 389  
 Sgurr na Moraich 387, 389  
 Sgurr nan Ceathreamhnan 396  
 Sgurr nan Saighead 387, 389  
 Sgurr nan Spainteach 387, 389  
 Shakespeare's Globe 58  
 Shakespeare's Way 148  
 Shap 244  
 Shaw End 182  
 Sheffield 154  
 Shetland 430  
 Shiel Bridge 387-8  
 Silbury Hill 95  
 Simon's Seat 183  
 Simonside Hills 234  
 Skinningrove 259  
 Skipton 168  
 Skomer Island 298  
 Skye, Isle of 398-406, **399**  
 skylarks 31-2  
 Slaggyford 274  
 slate 312  
 sleeping bags 468  
 Sligachan 401  
 Slioch 393-6, **395, 8**  
 smoking 438  
 Snowdon 321  
 Snowdon Traverse 311-15, **314, 6, 41**  
 Snowdonia 308-22, **309**  
 Snowdonia to the Gower 341-2  
 Solent Way 96  
 Solva 299  
 Solway Firth 229  
 South Dartmoor Traverse 99-102, **101**  
 South Downs Way 123-33, **126-7**  
 South Stack 321  
 South Uist 431  
 South West Coast Path 96, 133-47,  
   **138-9, 43**  
 South West Coast Path  
   Association 135  
 southern England 51-148, **52**  
 Southern Upland Way 408-17, **412-13**  
 Southwark 58  
 sparrowhawks 32  
 Speyside Way 383, 427  
 sprains 463  
 squirrels 45  
 Staffordshire Way 278  
 Staines 67-8  
 Staithes 259

Stake Pass 206  
 stalking 388  
 Stanage Edge 164  
 Standedge 265-6  
 standing stones, *see also* stone circles  
   Bedd Morris 307  
   Huntingdon Cross 102  
   Laggainairn 411  
 Stane Street 128  
 Stanton 118  
 Staveley 182  
 Steeperton Tor 105  
 Stepper Point 137  
 Steyning 129-30  
 Sticklepath 103-4  
 stinging nettles 462  
 stings & bites 462  
 Stirling 346  
 Stob Coire Altruim 370  
 Stob Coire an t-Sneachda 378  
 Stob Dearg 370, 371-2  
 Stob na Bròige 370, 372  
 Stob na Doire 370, 372  
 stone circles, *see also* standing  
   stones  
   Avebury 85  
   Oddendale Stone Circle 244  
   Stonehenge 35, **35**  
 Stonethwaite 206  
 Stony Cove Pike 197  
 Storr 406  
 stoves 468-9  
 Striding Edge 192, 194  
 Stybarrow Dodd 210  
 Styhead Pass 199  
 Solva 299  
 Suffolk Coast & Heaths Path 71  
 Suilven 430  
 sunburn 463  
 Sutherland 430  
 Sutton Bank 254, 256  
 Swainby 257  
 Swaledale 183-4, 247  
 Swirral Edge 194

**T**  
 Taff Trail 287  
 Tan Hill 271  
 tarns, *see* lakes & tarns  
 Tate Modern 58  
 Tate St Ives 141  
 Tater du 144  
 taxes 449  
 taxis 458  
 Teesdale Way 277

telephone services 450-1  
 emergency numbers, *see inside*  
   back cover  
 Hillphones 388  
 Tenby 293-4  
 Tennyson Trail 96  
 tents 469  
 Thames Barrier 69  
 Thames Path 64-9, 88-94, **66-7, 68**  
 Thornthwaite Crag 197  
 Thornton-in-Craven 268  
 Three Peaks (Yorkshire) 170-4, **173**  
 Thwaite 271  
 Tibbie Shiel's Inn 415  
 time 451-2, **491**  
 Tintern Abbey 336, **6**  
 tipping 449-50  
 Tissington Trail 164  
 toilets 50  
 Tom an Eite 368  
 Tom na Gruagaich 390, 392  
 Tormarton 113  
 Torridon 391  
 Torridon mountains 389-92  
 tourist information 452  
 tours, *see* guided walks  
 Towans Sand Dunes 141  
 Tower Bridge 59  
 Tower of London 59  
 Trafalgar Square 58  
 train travel 455, 458-60  
   costs 459-60  
   passes 460  
   Settle-Carlisle Railway 168, 174  
   to/from Britain 455  
   West Highland Railway 366  
   within Britain 458-60  
 transport 453-60, *see also individual*  
   methods  
 Traquair 416  
 trees 37, 46-7, *see also individual*  
   species  
 Treen 142  
 Trefin 301  
 Trevaunance Cove 140  
 Trevone 137  
 Treyarnon 137  
 trig points 447  
 Trotternish Peninsula 406  
 Tryfan & the Glyders 315-19, **317**  
 Tryfan 315, 317-18, 321, **38**  
 Twin Law 417  
 Two Moors Way 105  
 Tyndale, William 113  
 Tyndrum 367, 424

**U**  
 Uley 115  
 Ulverston 202-3  
 Unst 430  
 Uppark 127  
 Upper Slaughter 119, 120  
 Urra 257

**V**  
 vacations 445  
 Vale of Pewsey 95  
 value-added tax 449  
 VAT 449  
 Vindolanda Fort 225  
 visas 452  
 volcanoes 189

**W**  
 Wainwright, Alfred 188, 237, 249  
 Wainwright Memorial Walk 211  
 Wainwrights, the 188  
 Wales 31, 279-342, **280**  
 walking, *see also* guided walks  
   clubs 432  
   festivals 27  
 Wallingford 94  
 Wallsend 218, 219-20  
 Walltown 224  
 Walton 226-7  
 Wanlockhead 414  
 Wantage 88  
 War of the Roses 231  
 Wardens Way 121  
 Wasdale Head 210  
 water 464  
 water voles 45  
 waterfalls  
   An Steall 368  
   Aysgarth Force 183  
   Beinglas Falls 423  
   Couludron Snout 272  
   Eas a' Chual Aluinn 430  
   Falling Foss 251  
   Gordale Scar 183  
   Hardraw Force waterfall 271  
   Inversnaid Falls 423  
   Kinder Downfall 264  
   Kisdon Force 271  
   Skelwith Force 205  
 Waun Fach 288  
 Weardale Way 278  
 weather 24, 439-42, **440-1**  
   Ben Nevis 360  
 weights 433, 447, *see also inside*  
   back cover

- well dressing 158  
 Welsh Three-Thousanders 321  
 Welshpool 326-7  
 Wensleydale 183  
 Wessex 72-96, **73**  
     chalk figures 95  
 Wessex Ridgeway 96  
 West Highland Railway 366  
 West Highland Way 418-26, **422**  
 West Wiltshire Downs 95  
 Western Fells 210  
 Western Highlands 384-97, **385**  
 Western Isles 431  
 Westminster Abbey 58  
 Westray 430  
 Weybridge 68  
 Wharfedale 168  
 Wharfedale & Littondale 168-70, **169**  
 Wharfedale 170, 171, 173  
 Whin Sill 223, 231
- Whitby 260  
 White Castle 337  
 White Coomb 431  
 White Peak 151, 158-63  
 Whitesand Bay 143  
 Whitesands 300-1  
 Wight, Isle of 96  
 wildflowers 46  
 wildlife 31-46, *see also individual species*  
 Wiltshire Downs 94-5  
 Wiltshire's White Horse Trail 95  
 Win Hill 156  
 Wincombe 117-18  
 Winchester 76-7  
 wind turbines 49  
 Windermere 176-7  
 Windrush Way 121  
 Windsor 66-7  
 Windy Gyle 277
- Winshields Crag 224  
 Withins Gate 266  
 Woodland Trust 47  
 Wooler 234  
 Wordsworth, William 47, 190, 191  
 World Heritage Sites 48  
 Wotton-under-Edge 114  
 Wye Valley Walk 341

**Y**

- Y Parrog 303  
 Yorkshire Dales 165-84, **166**  
     mining 247  
 Yorkshire Wolds Way 278  
 Youlgreave 162  
 youth hostels 434-5  
 Yr Elen 320

**Z**

- Zennor 142

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'