



The Southern Upland Way (Cicerone Guide)

Alan Castle

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The Southern Upland Way is Scotland's Coast-to-Coast walk and the longest of the National Trails north of the Border. It runs for 212 miles (341km) from picturesque Portpatrick on the west coast across the Galloway and Border Hills to finish on the east coast at Cockburnspath south of Dunbar. On the way it passes through remote and romantic country and visits many of the locations associated with Scotland's often turbulent past. The guidebook divides the walk into 13 stages of varying length that will fill a two-week walking holiday in this relatively unknown area of Britain. Possibilities for shorter walking holidays along the Way are also fully discussed. The walk is at times a somewhat strenuous one, but advice is given as to how all of the longer stages may be broken down into shorter more manageable sections. The guide is packed with information on the many places of interest passed en route and the historical connections are thoroughly discussed. All that is needed to turn the Southern Upland Way into a successful and enjoyable holiday experience is contained in this guide.

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